

TAKING SCIENCE INTO PRACTICE:
Beyond the Basics in Suicide Prevention

Thursday, March 21, 2013

DoubleTree by Hilton
Maine Mall Road • South Portland

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 the Maine Primary Care 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

Taking Science into Practice: Beyond the Basics in Suicide Prevention

A One-Day Event

Thursday, March 21, 2013
8:00 am – 3:30 pm

The Beyond the Basics conference serves as a “best practice” conference offering participants in-depth and progressive 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 2013 theme, “Taking Science into Practice: Beyond the Basics in Suicide Prevention” guides a program of the most up-to-date research on suicidology and evidence-based tools, and provides participants with information to use in everyday practical applications. This year’s conference features several national leading experts on suicide assessment and prevention, a learning experience not to be missed.

Target Audience

Primary care physicians, physician assistants, nurses, psychologists, psychiatrists, mental health professionals, alcohol and drug counselors, social workers, law enforcement professionals, military personnel, public health professionals, educators, families and community members

Participants of this conference will be able to:

▶ Examine information and perspectives from national and state experts on advances in suicide research, prevention, and related issues.

▶ Give examples of best practice models on suicide prevention, intervention, assessment and postvention.

▶ Describe opportunities for building partnerships with local resources to prevent suicide.

▶ Examine suicide risk and responsiveness across diverse settings.

Speakers

KEYNOTES

Cheryl King, PhD, ABPP

Professor, Dept. of Psychiatry and Psychology, University of Michigan

Matthew Wintersteen, PhD

Asst. Professor and Director of Research, Dept. of Psychiatry & Human Behavior, Thomas Jefferson University

Kelly Posner, PhD

Director, Center for Suicide Risk Assessment, Columbia University/ New York State Psychiatric Institute

BREAKOUT SESSIONS

Athena Brewer, MA

Patricia Burke, MSW, LCSW, BCD

Hahna Patterson, MA, LCPC

Clifford Singer, MD

Jennifer Yahr, APRN, CS, JD

CRISIS PANELISTS

Steve Addario, LCSW

Amy Brook, LCSW

Jen Goodwin, LCSW

Kirk Little, LCSW

Michael Mitchell, LCSW

Leslie Mulhearn, LCSW

Ashley Pesek, LCSW, CADC

AGENDA: THURSDAY, MARCH 21

8:00 – 8:30 REGISTRATION AND CONTINENTAL BREAKFAST

Music courtesy of Harry Vayo

8:30 – 8:45 OPENING REMARKS

**8:45 – 9:30 *Adolescents at Risk for Suicide: Early Recognition and Intervention*
Cheryl King, PhD, ABPP**

Dr. King's remarks will provide an up-to-date overview of suicide risk factors among adolescents, highlighting several excellent targets for prevention and early intervention.

9:30 – 9:45 BREAK

**9:45 – 10:30 *Bringing Suicide Prevention into Primary Care*
Matthew Wintersteen, PhD**

Primary care is well-positioned to screen for suicide risk, provide brief interventions, and triage to specialty mental health services. The focus of this session is on describing a successful model of youth suicide prevention in rural primary care practices in northeastern Pennsylvania. The model has several objectives, including training, routine screening, and integration of mental health services. While the Pennsylvania Model focuses on youth, it has applicability with older patient populations.

10:30 – 11:00 *Caring About Lives in Maine Awards*

**11:00 – 11:45 *On the Road to Suicide Prevention-Innovation in Risk Assessment:
Improving Care Delivery and Redirecting Scarce Resources*
Kelly Posner, PhD**

Prevention depends upon appropriate identification and screening. Dr. Posner will discuss a gold-standard, innovative suicide risk screening tool. Numerous states, countries, and branches of the military have moved toward system-wide implementation. Due to its demonstrated ability to *predict suicidal behavior* and guidance for next steps (e.g., triggering referrals to mental health professionals) it positively impacts service utilization through decreasing unnecessary interventions, redirecting scarce resources, and expediting care delivery to those at highest risk. Adopted by the CDC, this screen is delivered by all gatekeepers, enabling blanket coverage and linking of systems, fostering prevention.

11:45 – 12:30 LUNCH

12:30 – 1:45 WORKSHOPS/BREAKOUT SESSIONS A

A1: Screening for Youth Suicide Risk in Emergency Medical Setting – Cheryl King, PhD

This session will provide a “best practices” update concerning brief screening approaches for use in emergency medical settings or other settings that serve large numbers of youth for brief periods of time. Screening strategies for depression, alcohol/substance abuse, and suicidal thinking will be described, as well as strategies for youth who are victims of bullying or bully perpetrators.

A2: Tools for Implementing Suicide Prevention in Primary Care – Matthew Wintersteen, PhD

The focus of this breakout session is to discuss the tools to implementing effective suicide prevention programs in the primary care setting, including training, routine screening, and integration of mental health services. The format will emphasize group discussion.

A3: The Trevor Project's Online Programs: An Interlocking Innovative Online Solution to the Needs of At-Risk, LGBTQ Youth – Athena Brewer, MA

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth. Take a behind the scenes tour of four online programs – TrevorSpace, TrevorChat, Ask Trevor, and their newest text-only program. Hear how The Trevor Project has used Facebook, Tumblr, Twitter, Google+, and other social media to provide meaningful support to LGBTQ youth, create community, raise funds, and lead public dialogue around suicide storylines in TV/films.

A4: Working with the Military: Strategies for Providers – Hahna Patterson, MA, LCPC

Service members and their families are coping with enormous levels of stress and challenges. There is a critical and growing need for access to quality behavioral health and medical services and for a better understanding on the part of the provider when dealing with this unique population. This workshop will explore PTSD, Combat Operational Stress, suicide in the military, barriers for healing/military specific stigma, and practical techniques to improve communication with service members.

A5: Depression and Demoralization in Chronic Disease – Clifford Singer, MD

In this session, Dr. Singer will review the reciprocal relationships between major depression, emotional resilience and chronic disease. The themes of quality of life, hopefulness, acceptance and adaptation to adversity will be explored in the context of chronic diseases that impact daily function, comfort and mortality.

1:45 – 2:00 **BREAK**

2:00 – 3:15 **WORKSHOPS/BREAKOUT SESSIONS B**

B1: Separating the Wheat from the Chaff: Identification & Triage Using the Columbia-Suicide Severity Rating Scale (C-SSRS) – Kelly Posner, PhD

Use of the C-SSRS can improve patient safety and help relieve anxiety about not having the "right questions" to ask in identifying high risk individuals. This workshop will review the C-SSRS and its administration, covering its items predictive of increased risk including: severity of ideation, intensity of ideation, behaviors and lethality of behaviors. The C-SSRS has definitions and associated probes, fostering easier and improved identification. Participants will learn about how to administer the full and screening versions of the tool, how to customize the tool for various systems and how to interpret results, streamlining triage and care delivery. Population-specific editions will be reviewed (pediatric, military, etc.). System-wide implementation across multiple settings will be discussed. At completion, participants will be certified to administer the C-SSRS. No prior mental health training is required to administer the C-SSRS. Those that will benefit range from primary care providers to peer counselors, first responders, clergy and all gatekeepers. After the workshop you will be able to administer the C-SSRS and will receive a certificate.

B2: Working with Chronically Suicidal Clients is Not as Hard as You Think – Honest!

Jennifer Yahr, APRN, CS, JD

The chronically suicidal client is many times blamed for their behavior, most frequently out of the frustration of the people caring for them. The frustration is certainly understandable AND able to be addressed with the skills described in this presentation.

B3: (A3 repeated) The Trevor Project's Online Programs: An Interlocking Innovative Online Solution to the Needs of At-Risk, LGBTQ Youth – Athena Brewer, MA

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth. Take a behind the scenes tour of four online programs – TrevorSpace, TrevorChat, Ask Trevor, and their newest text-only program. Hear how The Trevor Project has used Facebook, Tumblr, Twitter, Google+, and other social media to provide meaningful support to LGBTQ youth, create community, raise funds, and lead public dialogue around suicide storylines in TV/films.

B4: Suicide Prevention: Self-Care for the Care Givers – Patricia Burke, MSW, LCSW, BCD

Working with or caring for people who are suicidal can lead to high levels of stress and possibly secondary trauma. This workshop will help participants identify the stressors in their personal and/or professional lives related to their suicide prevention efforts and offer an opportunity to develop a holistic and comprehensive self-care plan of individualized strategies to help ameliorate that stress. There will also be an opportunity to engage in a mindfulness-based stress reduction practice and evaluate its effectiveness for inclusion in participants' self-care plans.

B5: Community Crisis Intervention – Evaluating and Maintaining Safety – Accessing Crisis Supports

Panel: Steve Addario, Amy Brook, Jen Goodwin, Kirk Little, Michael Mitchell, Leslie Mulhearn and Ashley Pesek

Maine provides direct access to crisis intervention for anyone requesting those services via a statewide network of crisis intervention teams. The Maine Crisis Network will share information about ways to identify and support people at risk for suicide or self-harming behavior. We will share tools for responding to people in crisis and ways to reach a safe disposition. This will be an opportunity for attendees to meet, ask questions and dialogue with Crisis Directors and Staff from across the state and learn what to expect when interfacing with Crisis Services. These services are provided in any safe community environment.

3:30

CLOSE

Seated massage will be available from 10:00 AM – 2:00 PM

Speakers



Steve Addario, LCSW

Steve Addario is the Director of Crisis Intervention Services, The Opportunity Alliance, providing crisis intervention services for adults in Cumberland County. His crisis team includes mobile outreach staff that is available 24/7, office based crisis clinicians providing intensive follow-up care utilizing Acceptance and Commitment Therapy (an evidence based treatment model), Peer and Family Navigators providing real life experience and supports as well as a crisis worker specialized in community resources. Mr. Addario is a Graduate of Boston University, School of Social Work (MSW program). He has more than 14 years of experience in crisis intervention services and has been providing a variety of social work services for almost 30 years. His training includes suicide assessment, intervention and prevention, trauma response and disaster mental health services. His experience includes volunteer and employment service in Violence Recovery, Hospice Care, Nephrology Social Work and group work with children and families grieving the loss of a loved one. Mr. Addario started his professional career with a Bachelor degree in education and experience as a junior high school teacher.



Athena Brewer, MA

Athena Brewer is the Senior Online Programs Manager for The Trevor Project based on Los Angeles, California. The Trevor Project uses digital technology to provide interlocking systems of peer support and crisis interventions for at-risk LGBTQ youth. These innovative online programs include TrevorSpace, TrevorChat, Ask Trevor, and a new text-based program. Ms. Brewer has worked with suicidal youth and young adults for nearly a decade in a variety of settings including The Los Angeles Child Development Center, The McAuley Institute, and The Suicide Prevention Center of Los Angeles.



Amy Brook, LCSW

Amy Brook is a Clinical Manager for the Mobile Crisis Team serving Penobscot and Piscataquis counties. Ms. Brook graduated from the University of Maine with a Bachelor's degree in Psychology and went on to complete her Master's degree in Social Work at the University of Maine in 2000. Ms. Brook has 15 years of experience in crisis intervention services, including direct service, providing trainings on suicide assessment, community education on intervention and prevention, consultant work on advisory councils, as well as critical incident stress debriefing. She is part of a management team that oversees all of the crisis department including 24/7 mobile, an adult crisis stabilization unit and a children's crisis stabilization unit. In partnership with other team leaders, she is responsible for service delivery and program development for crisis services within these two counties. Her duties include being a liaison with other programs throughout the state to further develop and enhance a statewide crisis service within our communities, schools, and emergency departments.



Patricia Burke, MSW, LCSW, BCD

Patricia A. Burke is a Board Certified Diplomat in Clinical Social Work, a Certified Clinical Alcohol, Tobacco, and Other Drugs Social Worker and a Certified Clinical Supervisor with over thirty years of clinical and teaching experience. Ms. Burke is a nationally recognized trainer and is currently on the faculty of Union Institute & University undergraduate program in the Psychology & Human Development concentration and the Addiction Studies Specialty. She was on the faculty of the Rutgers Summer School of Alcohol and Drug Studies from 1989–2010, and has been an instructor for the Addiction Technology Transfer Center of New England at the Brown University Center of Alcohol Studies since 1999 and a trainer for the Co-Occurring Collaborative Serving Maine since 2006. One of her recent publications includes a chapter in *Psychological Trauma and Addiction Treatment* published by Haworth Press, titled "Counselor Self-Care in Work with Traumatized, Addicted People." Ms. Burke has trained extensively on self-care for people in the helping professions and has a private clinical and consultation practice in Biddeford, Maine.

Jennifer Goodwin, LCSW

Jennifer Goodwin has a long-term professional affiliation with the Community Mental Health System. Currently she is the Director of Counseling Services, Inc.'s (CSI) Crisis and Peer Services, overseeing the regional 24-hour crisis program for York County, Maine as well as an agency commitment to increasing opportunity for Peer representation in the ongoing management of and service delivery at CSI. Previously, Ms. Goodwin has worked as a therapist and case manager with a clinical specialization in trauma related problems. She has served on local and statewide task forces, providing training and consultation in the clinical areas of trauma, mental health and crisis.



Cheryl King, PhD | *Keynote Speaker*

Dr. King is a Professor in the Departments of Psychiatry and Psychology at the University of Michigan where she serves as Director of the Institute for Human Adjustment and Director of the Youth Depression and Suicide Prevention Program. She received her doctorate in clinical psychology from Indiana University. Her research program focuses on improving youth suicide risk recognition, assessment, and prevention strategies, including strategies based on adult support and mentorship models. This research is funded by the National Institute of Mental Health, the Centers for Disease Control and Prevention, and numerous private foundations. Dr. King has a longstanding history as an educator and public policy advocate. She is a fellow in the American Psychological Association and Past President of the Society for Clinical Child and Adolescent Psychology, the American Association of Suicidology, and the Association of Psychologists in Academic Health Centers.



Kirk Little, LCSW

Kirk Little is the Clinical Director for Oxford County Mental Health Services (OCMHS) overseeing all clinical operations, including Crisis Services for the agency. Mr. Little is a graduate of Boston College (MSW program); he has an undergraduate degree in history from the University of Illinois. He has a broad range of experience in over 25 years in the mental health field. Mr. Little worked in inpatient psychiatry for over 17 years and was the Director of Social Work at JBV/Spring Harbor from 1995–2003. Since then he has been a program director for an adult stabilization program, a Crisis Director and a program director for case management services.



Michael Mitchell, LCSW

Michael Mitchell is the clinical director of Crisis and Counseling Centers, Inc. in Augusta, Maine. He brings over 26 years of clinical and administrative experience, focusing on intervention and program development in areas of risk assessment, trauma, and criminogenic change. Mr. Mitchell integrates these “real-life” experiences as the foundation for his extensive experience as a presenter and educator in the behavioral health field.



Leslie Mulhearn, LCSW

Leslie Mulhearn is currently the Senior Director of Crisis and Community Based Services for Sweetser. She has been working in the field of Crisis Intervention since 1994. Ms. Mulhearn started as a Crisis Clinician for the first five years and then moved onto administrative roles.



Hahna Patterson, MA, LCPC

Hahna David Patterson is the State Director of Psychological Health for the Maine National Guard. He has also worked as a JFSAP Military and Family Life Consultant in Maine where he worked with Military Families and Service Members during the deployment cycle. Previous to his involvement with the National Guard, Mr. Patterson was a clinical counselor and adjunct professor at the University of New England.

Ashley Pesek

Ashley Pesek is the Clinical Consultant to the Emergency Services program at AMHC (Aroostook Mental Health Center). In this capacity she has clinical oversight to the 24-Hour crisis program covering Hancock and Washington counties. In this program, she supports both the HELPLine, which covers a five-county area, as well two mobile crisis teams which serve their local area. Prior to work with the severe and persistently mentally ill, Mrs. Pesek worked in substance abuse services with teenagers in Hawai'i and Child Protective Services in both Nebraska and Maine.



Kelly Posner, PhD | *Keynote Speaker*

Dr. Posner is the founder and principal investigator of the Center for Suicide Risk Assessment at Columbia University/New York State Psychiatric Institute and an associate clinical professor at Columbia University College of Physicians and Surgeons. Her expertise lies in the areas of suicidality and medication effects. Amidst the controversy over the relationship between antidepressants and suicidality, the FDA commissioned a study led by Dr. Posner as part of its antidepressant safety analyses to develop methods of suicidality assessment and foster interpretability of data. This methodology to better identify and categorize suicidal occurrences, the Columbia Classification Algorithm of Suicide Assessment (C-CASA), was subsequently mandated to clinical trials of numerous non-psychotropic drug classes and centrally acting agents, including anticonvulsants, Singulair, and cannabinoid 1 receptor (CB1R) inverse agonists and provided data for all FDA-mandated analyses. The FDA has characterized this work as "setting a standard in the field." The Columbia Suicide Severity Rating Scale (C-SSRS) is the prospective version of the C-CASA and is being used broadly across the field of medicine in many clinical and research domains. It is frequently mandated or recommended by various international agencies such as the FDA and European Medicines Agency. The C-SSRS is used for the assessment of suicidality across a wide range of settings: NIMH- and foundation-supported research trials, emergency rooms, hospitals, clinical practice, surveillance efforts, VAs, and programs for college campuses. Dr. Posner continues to work with the FDA, CDC, NIMH, VA, and other agencies on suicide assessment, surveillance, and prevention and publishes and speaks internationally on the risks, benefits, and public health implications encompassed by recent drug safety controversies. New York magazine named Dr. Posner and her colleagues among New York's most influential people for their work on the safety of antidepressants, and in 2007 she was recognized as the Most Distinguished Alumni of Yeshiva University in the past 50 years. Most recently, Dr. Posner gave the invited presentation on tackling depression and suicide at the first European Union high-level conference on mental health.



Clifford Singer, MD

Dr. Singer is a geriatrician and psychiatrist. He was the clinical director of geriatric psychiatry at OHSU in Portland, Oregon from 1988 to 2005 and was the principal investigator in many studies of sleep in aging and dementia. He directed geriatric training in the Department of Psychiatry at the University of Vermont between 2005 and 2009. Dr. Singer is currently the Medical Director of Geriatric Mental Health and Neuropsychiatry at The Acadia Hospital in Bangor, Maine. He was voted Oregon Gerontology Professional of the Year in 1993 and received an award from the Oregon Department of Mental Health in 1996 for exceptional service to seniors with mental illness. The Oregon Department of Aging and Disabilities gave him an award in 2005 for bettering the lives of Oregonians with dementia through his clinical teaching of hundreds of physicians and nurses. Dr. Singer has published 32 papers and 16 book chapters and given more than 300 presentations at regional and national meetings.

Harry Vayo

Harry Vayo is a professional hammered dulcimer player and Certified Music Practitioner who uses music to create a healing environment at the bedside of persons who are sick or dying. He is also co-founder and music director of the Tourmaline Singers, a volunteer choir whose mission is to bring comfort and solace to the terminally ill and their families.

Matthew Wintersteen, PhD | *Keynote Speaker*

Dr. Wintersteen is Assistant Professor and Director of Research in the Division of Child and Adolescent Psychiatry at Thomas Jefferson University/Jefferson Medical College. He came over to Jefferson after five years at the Children's Hospital of Philadelphia (CHOP). There, Dr. Wintersteen served as coordinator and co-investigator for a large randomized clinical trial of suicidal youth recruited from the primary care system funded by the CDC. He was awarded a pilot grant from the American Foundation for Suicide Prevention (AFSP) and developed a standardized screening protocol for suicidal youth at CHOP. Included as a byproduct of this project was a pediatric suicide risk assessment and management training that Dr. Wintersteen has offered primary care providers and school personnel in and around the City of Philadelphia for the past five years. In the fall of 2006, he assisted Garrett Lee Smith awardees develop strategies to engage primary care providers in suicide risk assessment and management at a SAMHSA technical assistance meeting. Currently, Dr. Wintersteen is working on a longitudinal study funded by the National Alliance for Research on Schizophrenia and Depression (NARSAD) designed to assess parent, adolescent, and family predictors of suicidal behavior in high-risk youth, with participants being recruited from a family medicine practice and Philadelphia's only pediatric crisis response center. He is Co-Program Developer of a SAMHSA-funded study designed to build training, screening, and intervention into primary care in Northeastern Pennsylvania. In addition to his grant-funded projects, Dr. Wintersteen was on a national task force sponsored by the American Association of Suicidology to develop a suicide prevention training program for primary care providers and is now the Master Trainer for that program.

Jennifer Yahr, APRN, CS, JD

Jennifer Yahr is a psychotherapist, facilitator, consultant, and educator. She is a practitioner with 202 Behavioral Health and a partner in Brunswick Psychotherapy Associates, LLC, pioneering the integration of physical and mental health care in Maine. Ms. Yahr has taught behavioral psychotherapy to physicians and psychotherapists as well as facilitation and negotiation skills to business and community leaders for many years. She is intensively trained in DBT and has led DBT Skills Training Groups for 14 years and has practiced individual DBT therapy for 13 years. She is a frequent presenter and consultant to organizations, groups of clinicians, and individual psychotherapists wishing to learn and apply the DBT model to their own settings.

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- 5.5 contact hours for nurses. CCSME Provider Unit is an approved provider of continuing nursing education by ANA-MAINE, 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 CMEs approved
- Certificate of attendance for 5.5 contact hours for social workers, licensed clinical professional counselors, and other professionals

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Taking Science into Practice: Beyond the Basics in Suicide Prevention

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TIME 8:30 am – 3:30 pm • Registration begins at 8:00 am
LOCATION DoubleTree by Hilton, South Portland, Maine
FEE \$85

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Sessions A • 12:30 – 1:45 pm

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2nd choice: A1 A2 A3 A4 A5

Sessions B • 2:00 – 3:15 pm

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