

BEYOND THE BASICS

IN SUICIDE PREVENTION

Broadening the View · Extending the Reach

FRIDAY, MARCH 14, 2014

AUGUSTA CIVIC CENTER

Sponsored by the Maine Suicide Prevention Program led by the Maine CDC in the DHHS in partnership with NAMIMaine, 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

Beyond the Basics in Suicide Prevention: Broadening the View · Extending the Reach

A One-Day Event

Friday, March 14, 2014
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 2014 theme, “Beyond the Basics in Suicide Prevention: Broadening the View · Extending the Reach” 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 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, public safety professionals, military personnel, public health professionals, educators, families and community members

Speakers

KEYNOTES

David A. Jobes, PhD, ABPP
Professor of Psychology, Associate Director of Clinical Training
The Catholic University of America

Carol Podgorski, PhD, MPH, MS MFT
Associate Professor of Psychiatry, University of Rochester Medical Center,
Department of Psychiatry

BREAKOUT SESSIONS

Susan Berry, BS
Cara Courchesne, BA
Michael Federico, MS
John R. Jordan, PhD
Michael Mitchell, LCSW

LAW ENFORCEMENT AND MENTAL HEALTH/CRISIS SERVICES PANELISTS

Steve Addario, LCSW – Moderator
Officer Christopher Guay
Tara Mitchell, BSW, MHRT, CSP
Lt. Janine Roberts
Robert Rocket, LCSW
Deputy Chief Charles Rumsey

LGBTQ YOUTH: SAFE AND ACCEPTED PANELISTS

Heather Carter, MA – Moderator
Jeanne Dooley, MSW
Sarah Holmes, MS
Betsy Parsons, BA, MAT, CAS
MaKayla Reed

IMPLEMENTING THE C-SSRS PANELISTS

Rebecca Emmons, MPH –
Moderator
Robert McCarley, MD
Geoffrey Nappi, LCPC
James Wolak, MD

POSTVENTION NEEDS OF SCHOOL COMMUNITIES FOLLOWING A STUDENT SUICIDE PANELISTS

Greg Marley, LCSW – Moderator
Amber McGowan
Heather Perry
Mimi Sorg, LCSW

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.

- 8:00 – 8:30 **REGISTRATION AND CONTINENTAL BREAKFAST**
Music courtesy of Harry Vayo
- 8:30 – 8:45 **WELCOME AND OPENING REMARKS**
Katharyn Zwicker, Maine CDC, Maine Suicide Prevention Program
Augusta Mayor William Stokes
Dr. Sheila Pinette, Director, Maine CDC
- 8:45 – 9:45 Contemporary Developments in Clinical Suicide Prevention
David A. Jobes, PhD, ABPP
Trends in health care are creating unique challenges and potential responses to effectively managing suicidal risk across a spectrum of care. This plenary will review recent developments in policy, theory, and research related to clinical work with individuals who are suicidal. Advances in suicide risk assessment and treatment will be discussed and future directions will be explored.
- 9:45 – 10:00 **BREAK**
- 10:00 – 11:00 Suicide and Suicide Prevention in Older Adults
Carol Podgorski, PhD, MPH, MS MFT
In this plenary presentation, Dr. Podgorski will focus on a two-pronged approach to suicide prevention in older adults—promoting mental health and reducing risk factors. She will provide an overview of suicide in older adults, the risk factors for suicide, and the prevalence of mental disorders in community-dwelling older adults. She will also discuss how aging service professionals are well positioned to contribute to suicide prevention efforts in the populations they serve. Emphasis will be on interventions that aging service professionals can use in primary prevention of suicide by creating healthier communities for older adults.
- 11:00 – 11:15 **BREAK/TRANSITION TO WORKSHOP**
- 11:15 – 12:30 **WORKSHOP 1: SESSION A**
A1: The Collaborative Assessment and Management of Suicidality (CAMS)
David A. Jobes, PhD, ABPP
This workshop will present an evidence-based approach to effectively working with suicide risk using the “CAMS” approach to care. With 25 years of research support, CAMS is both a philosophy of care and clinical framework for assessing, tracking, and treating suicidal risk to outcomes. Using CAMS also ensures ethical and competent care with implications for decreasing the risk of malpractice liability therein.

A2: Grief After Suicide: Walking the Journey with Survivors – John R. Jordan, PhD

This workshop will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs. The workshop is geared primarily towards clinicians working with suicide bereavement, but will be suitable for survivors who want to learn more about the impact of suicide, and the recovery process afterward.

A3: Working Together: Law Enforcement and Mental Health/Crisis Services

Officer Christopher Guay, Tara Mitchell, BSW, MHRT CSP, Lt. Janine Roberts, Robert Rocket, LCSW, Deputy Chief Charles Rumsey – Moderated by Steve Addario, LCSW
This timely discussion will highlight effective models of collaboration between local law enforcement and the regional crisis teams in their areas. Representatives from the Waterville, Augusta and Portland Police Departments, together with professional crisis workers from Crisis and Counseling (located in Augusta) and The Opportunity Alliance (located in Portland) will explore how each system has learned from each other and improved practices when responding to community crisis needs. These teams will share their experiences and highlight practices that help blend cultural understandings (law enforcement and social service) and ethical and legal requirements of each system. They will share their experiences of what has been working and what are some of the ongoing challenges. Attendees will gain an increased understanding of police and crisis response as well as learn best ways to utilize these services when concerns arise for someone requiring outside intervention. You will also learn about the training programs (CIT – Crisis Intervention Team training) that are used to increase awareness and improve crisis response. There will be time for discussion following the presentations.

A4: Using the eC-SSRS: Practical/Operational/Data Considerations

Michael Federico, MS

Following last year's Beyond the Basics keynote presentation by Kelly Posner, PhD., this session will explore the experience and insight gained from over 100,000 assessments of 32,000 patients using the eC-SSRS. This patient self-rated/ePRO approach addresses the challenges of conducting consistent interviews, differentiating attempts from non-suicidal self-injurious behaviors (NSSIB), and implementing a broad scale screening and routine assessment program. The value of the resulting data, documenting how each ideation and behavior question contributes to understanding the risk of impending suicidal behavior, will also be presented.

A5: The Basics of School-based Suicide Awareness and Prevention including Maine's New Training Law – Susan Berry, BS

This session will provide the audience with an overview of Maine's new suicide awareness and prevention training law for school personnel that goes into effect at the start of the 2014–15 school year for high schools and the 2015–16 school

year for elementary and middle schools. The law is one supporting component of Maine's comprehensive school-based suicide prevention program. During this session participants will gain an understanding of the overall program; engage in a review of available school resources; and discuss strategies for saving lives through a school and community approach to prevention.

A6: LGBTQ Youth: Safe and Accepted – Jeanne Dooley, MSW, Sarah Holmes, MS, Betsy Parsons, BA, MAT, CAS, MaKayla Reed – Moderated by Heather Carter, MA
LGBTQ identified youth in Maine report three times the rate of suicide attempts than their peers. Schools and community members can help address this issue through acceptance and by identifying supportive resources in their communities. Panelists from Out as I want to Be, GLSEN, EqualityMaine and the Trevor Project Youth Advisory Council, and USM Center for Sexualities and Gender Diversity will talk about how best to support LGBTQ youth in our schools and communities and identify the resources in their areas that could be most supportive to this population. Through support and acceptance we can make a difference.

12:30 – 1:30 **LUNCH**

1:30 – 2:00 **Caring About Lives in Maine Awards**
Dr. Sheila Pinette, Director, Maine CDC
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.

2:00 – 2:15 **BREAK/TRANSITION TO WORKSHOP**

2:15 – 3:30 **WORKSHOP 2: SESSION B**

B1: Implementing the C-SSRS: From Crisis, to the Emergency Room, and into the Psychiatric Hospital – Geoffrey Nappi, LCPC, James Wolak, MD, Robert McCarley, MD – Moderated by Rebecca Emmons, MPH
The Psychometric Properties of the Columbia-Suicide Severity Rating Scale (C-SSRS) are used extensively across primary care, clinical practice, surveillance, research, and institutional settings. The C-SSRS has been associated with decreased burden by reducing unnecessary interventions and redirecting limited resources. Following last year's Beyond the Basics presentation by one of its developers, Dr. Kelly Posner, more sites have implemented the scale here in Maine. This panel, with representatives from a behavioral health emergency room, a psychiatric hospital and a crisis provider will explore why they have adopted the scale, how it is being used and what have been their experiences using the scale.

B2: Suicide Prevention in Senior Living Communities – Carl Podgorski, PhD, MPH, MS
This session will address competencies and skills that aging service professionals need to become competent and comfortable creating senior living communities that promote good mental health and prevent risk for suicide among residents. This

presentation will consist of an overview of principles of suicide prevention and risk reduction as published in the SAMHSA publication Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities. The session will include an interactive discussion involving a case scenario that will provide participants an opportunity to apply the principles from the toolkit to an actual case.

B3: Sexual Violence, Slut-Shaming, and Suicide Prevention – Cara Courchesne

Over the last few years, media reports of teens who kill themselves because of gender-based bullying, sexual harassment, and/or sexual violence have increased. This session is designed to explore the intersections of sexual violence and suicide and how prevention education can help to prevent sexual violence and suicide.

B4: Postvention Needs of School Communities following a Student Suicide

Heather Perry, Amber McGowan, Mimi Sorg, LCSW – Moderated by Greg Marley, LCSW

The suicide death of a student is a tragic crisis that every school hopes it never has to face. Unfortunately, Maine faces several such losses every year, and it is of enormous benefit for a school system to be prepared for the tidal wave of grief and need that comes with such a loss. The concern over contagion must be taken very seriously. This session will feature speakers from schools across Maine that have weathered the storm of suicide postvention and are prepared to talk about what was needed, what was helpful and also what challenges they faced as they worked to support the needs of the students, staff and community. There will be time for discussion for those attending.

B5: Child and Adolescent Suicide: Risks, Intervention and Prevention

Michael Mitchell, LCSW

Although child and adolescent suicide is relatively rare, it is a leading cause of youth deaths worldwide. Research has shown that effective identification and intervention can have a significant impact on youth suicide. The effectiveness of these efforts is grounded in a thorough understanding of risk factors associated with youth suicide and best practice informed interventions. This workshop will review our current understanding of child and adolescent suicide and its relationship to treatment and prevention.

3:30

ADJOURN

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.



Susan Berry, BS

Susan Berry has worked in the health education field for more than 25 years. Her experiences include working as a Family Life Educator for a local Family Planning Agency; Middle School Health Education Teacher; School Health Coordinator and 12 years at the MDOE as a Health Education Consultant, Director of Coordinated School Health Programs and currently the Health Education and Health Promotion Coordinator. Susan has served on local, state and national committees focused on school health education. She has been involved in the development and delivery of school based suicide awareness and prevention training for 17 years and serves on the Maine Suicide Prevention Advisory Council. Susan is a long-time advocate of prevention efforts in order to support healthy students, healthy staff and healthy schools.



Heather Carter, MA

Heather Carter comes to NAMI Maine from Washington State, where she ran a program focused on youth suicide prevention within high risk populations. Heather has a BA in Sociology with a focus on Intercultural Relations and a MA in Intercultural Service, Leadership, and Management with a focus on Training & Intercultural Communication. She has many years of experience working in mental health prior to her work in public health education and really found her passion when she began her work in suicide prevention.

Cara Courchesne, BA

Cara Courchesne is the Communications Director at the Maine Coalition Against Sexual Assault and focuses her work on statewide communication regarding sexual violence by providing technical assistance to Maine's sexual violence service providers and Maine media. She has worked for anti-violence nonprofits in Maine since 2007 and has been in the anti-sexual violence movement for over a decade. Cara holds a BA in the Study of Women and Gender from Smith College



Jeanne Dooley, MSW

Jeanne Dooley is the Executive Director of Out! As I Want to Be, a non-profit organization supporting and empowering LGBTQ youth in the mid-coast Maine areas of Lincoln, Knox and Waldo counties. Located in Rockland, Out! hosts a twice-weekly drop-in program, a weekly radio show, and provides leadership and personal development programs for LGBTQ youth. Jeanne was on the Board of Directors of Out! for a year before taking the Executive Director position. She has a private practice that provides organizational and individual consulting, as well as extensive experience in providing strategic planning, training, marketing and volunteer management for organizations such as AARP and the American Bar Association. She lives with her partner in Waldoboro, Maine.



Rebecca Emmons, MPH

Rebecca Emmons is the Director of Continuous Quality Improvement at the Maine Primary Care Association. In this position Rebecca provides oversight of FQHC technical assistance for Patient Centered Medical Home transformation and recognition as well as supporting Maine's Multi-payer Patient Centered Medical Home Pilot and the MaineCare Health Homes Initiative. She provides coaching and technical assistance for quality improvement initiatives across Maine's Federally Qualified Health Center system and manages other supporting initiatives such as suicide prevention in rural primary care and behavioral health integration.



Michael Federico, MS

Michael Federico is responsible for managing all aspects of healthcare applications at ERT, including product development, operations and sales. Under his leadership, the healthcare group has organized ERT's capabilities into products and services to provide the complete patient experience for suicide risk assessment. Prior to his current position, Michael was Vice President of electronic patient outcomes solutions at ERT. Prior to joining ERT, Michael spent over 20 years in systems design, evaluation and equipment management in the healthcare field. He holds Bachelors and Masters Degrees in Engineering from Rensselaer Polytechnic Institute in Troy, New York.



Officer Christopher Guay

Officer Christopher Guay is a nine year veteran of the Augusta Police Department and a 2006 graduate of the Maine Criminal Justice Academy. He was born in Rumford, Maine and has lived most of his life in Maine, except for serving four years in the United States Navy during Desert Storm. Officer Guay graduated from the University of Southern Maine with a bachelor's degree in Criminology. During his time with the Augusta Police Department Officer Guay has completed training in C.I.T. and Child C.I.T. He now volunteers his time as a C.I.T. instructor for NAMI-Maine, throughout Maine and at the Maine Criminal Justice Academy. Officer Guay is also a training officer within his department and serves as a member of the Augusta PD Special Response and Tactics (SRT) Team. Officer Guay received Crisis and Counseling's 2013 Public Safety Appreciation award as well as the NAMI Laney Barnes Award for First Responder of the Year for 2013.



Sarah Holmes, MS

Sarah Holmes is the Coordinator for the Center for Sexualities and Gender Diversity at the University of Southern Maine, a position she has held since 2006. Previously as an undergraduate student at the University, she became involved with the campus' Alliance student group, was an active leader in student government, founded the USM Safe Zone Project, and participated in Dialogues in Diversity. As a graduate student in Adult Education, she also worked as the Tradebook Assistant for the USM Bookstore and then Administrative Assistant and Assistant to the Area Director of Portland Hall. During that time, Ms. Holmes advised the Alliance student group, co-coordinated two Northeast Regional LGBT Student Leadership Conferences, and advocated for the creation of a LGBTQA Resource Center. From 2000 to 2002, she served as the first coordinator of that center. In 2002, following completion of her Master's degree, she was selected as a Vaid Research Fellow for the NGLTF Policy Institute in New York City. Her work focused on the experiences of LGBTQ youth in K-12 education and resulted in a 2004 article published in the Journal of Gay and Lesbian Issues in Education. Currently, her active involvement in the community includes being a founding member of the Annual Portland Dyke March, serving as a board member for the Southern Maine chapter of the Gay Lesbian Straight Education Network (GLSEN), and as an adult advisor for the Proud Rainbow Youth of Southern Maine.



David A. Jobes, PhD, ABPP | [Keynote Speaker](#)

David A. Jobes is a Professor of Psychology and Associate Director of Clinical Training at The Catholic University of America. His research and writing in suicide has produced numerous peer reviewed publications (including five books on clinical suicidology). As an internationally recognized suicidologist, Dr. Jobes is a past President of the American Association of Suicidology (AAS) and is the recipient of that organization's 1995 "Edwin Shneidman Award" in recognition of early career contribution to suicide research. Dr. Jobes is also the recipient of the 2012 AAS "Dublin Award" in recognition of career contribution in suicidology. He has served as a research consultant to the Centers for Disease Control and Prevention and has been a consultant to the Institute of Medicine of the National Academy of Sciences, the FBI, the Department of Defense and Veterans Affairs. Dr. Jobes is Fellow of the American Psychological Association and he is board certified in clinical psychology (American Board of Professional Psychology). He maintains a private clinical and forensic practice at the Washington Psychological Center.



John R. Jordan, PhD

Jack Jordan is a licensed psychologist in private practice in Wellesley, MA, and Pawtucket, RI, where he specializes in working with loss and bereavement. Jack is the Clinical Consultant for Grief Support Services of the Samaritans in Boston, where he is helping to develop innovative outreach and support programs for suicide survivors. Jack is also the Professional Advisor to the Survivor Council of the American Foundation for Suicide Prevention (AFSP), and a former Board member of AFSP (New England Affiliate) and ADEC. For over 30 years, Jack has provided training nationally and internationally for therapists, healthcare professionals, and clergy through PESI Healthcare/CMI Education, the American Foundation for Suicide Prevention, and as an independent speaker. He has also helped to organize and lead many healing workshops for suicide survivors. Jack has published over 40 clinical and research articles, chapters, and full books in the areas of bereavement after suicide, support group models, the integration of research and practice in thanatology, and loss in

family and larger social systems. He has published in professional journals such as *Omega*, *Death Studies*, *Suicide and Life-Threatening Behavior*, *Psychiatric Annals*, *Crisis*, *Grief Matters*, and *Family Process*. He is the co-author, with Bob Baugher, of *After Suicide Loss: Coping with Your Grief*, a self-published book on suicide bereavement for surviving friends and family. He is the co-editor, with John McIntosh, of the book *Grief After Suicide: Coping with the Consequences and Caring for the Survivors* (Routledge, 2011), a professional book on the impact of suicide and interventions to help suicide survivors. He is also the co-author with William Feigelman, John McIntosh, and Beverly Feigelman, of *Devastating Losses: How Parents Cope With the Death of a Child to Suicide or Drugs* (Springer, 2012).

Greg A. Marley, LCSW

Greg Marley is the Clinical Director of NAMI Maine, and the Training Director of the Maine Suicide Prevention Program. Greg has practiced in the field of community mental health and prevention in Maine for over 25 years. He currently leads the training and technical assistance efforts of the Maine Suicide Prevention Program, providing suicide prevention, assessment and postvention training and support across the state. 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.

Robert McCarley, MD

Dr. McCarley came to Spring Harbor Hospital and Maine Medical Center from the Harvard Longwood Psychiatry Residency Training Program and Harvard Medical School graduating in 2003. During his residency, Dr. McCarley worked at The Brigham and Women's Hospital, Beth Israel Deaconess Medical Center and Massachusetts Mental Health Center and earned Chief Resident Massachusetts Mental Health Center Day Hospital. Dr. McCarley has a very strong academic background, earning his BA degree with honors from Colby College in Waterville, Maine and his Medical Degree from George Washington University's School of Medicine in Washington DC where he won the Psychiatry Award for the class of 1999. Dr. McCarley was an outpatient attending psychiatrist at MMC. He also functioned as the Partial Hospital Medical Director at the outpatient psychiatry department at Maine Medical Center from 2003 to 2007. He worked closely in education, working with Tufts, UVM and UNE medical students and with the MMC psychiatry residency program. From 2008 to 2013 he served as the Outpatient Psychiatry Residency Director for the 3rd and 4th year residents. In 2013 he transitioned to working inpatient and is currently the Medical Director for Spring Harbor Hospital.

Amber McGowan

Amber McGowan is a Professional School Counselor at Morse High School in Bath, Maine. She is completing her M.Ed. through Liberty University. Amber has worked as a caseworker for Navy-Marine Corps Relief Society for 14 years and has served as Director of NMCRS BNAS. She home schooled four children through 8th grade and has been an active volunteer with Boy Scouts of America, St. Mary's Church, and other youth community organizations.





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.



Tara Mitchell, BSW, MHRT CSP

Tara Mitchell has 18 years of social service experience primarily in mental health/co-occurring conditions. She has worked at Crisis and Counseling for the past 14 years as a Crisis Worker, Midnight Team worker (ride along with WPD), Team Leader, and for the past seven years as the Program Manager for Mobile Triage and Outreach services. Crisis and Counseling serves Kennebec and Somerset counties, fielding roughly 2500 phone calls a month while also seeing 350-500 clients face to face. Tara oversees approximately 45 staff, and holds a BSW from the University of Southern Maine. She will earn her MSW in May.

Geoffrey Nappi, LCPC

Geoffrey Nappi is the interim Program Manager for crisis response services through CSI. He is a licensed clinical professional counselor and has worked in the field for over 20 years. Geoff has been with CSI for 19 of those years, and specifically at crisis response for the past 11 years, eight as supervisor.



Betsy Parsons, BA, MAT, CAS

Betsy Parsons taught for 30 years at two public high schools and an independent school in Portland, Maine and was a founding member of GLSEN-Southern Maine (Gay, Lesbian & Straight Education Network, Southern Maine Chapter) in 1996. The Portland Public Schools' first LGBT faculty member to teach fully out to students and families, she volunteered for several years as faculty advisor to Maine's second public school Gay-Straight-Trans Alliance (GSTA), a student-initiated school club to reduce anti-LGBT hate language and harassment in school. Betsy has been helping Maine students organize GSTAs regionally and coordinating the statewide network of GSTAs since 1999. Forty percent of Maine high schools now have an active GSTA: 70 schools in every Maine County but Piscataquis. Gay-Straight-Trans Alliances are often small but have disproportionate power to improve school climate for all. They offer a safe, supportive space at school for youth who are coming out. They also provide leadership training ground for justice-loving young people, LGBTQ and straight together, who want to stand up and take action to protect the safety and educational access of all students. GSTA youth work together as allies across many kinds of differences and help to prevent school violence nationwide. Betsy's professional service in this movement reflects her commitment to youth leadership, equal educational opportunity and nonviolent social change.



Heather J. Perry

Heather Perry is Superintendent of Schools for RSU 3, one of the top-three, geographically largest school units in Maine. RSU 3 serves approximately 1,500 students in rural Waldo County. Previously she has served as the Superintendent of Schools for Union 60 in Greenville, which comprises the 5 towns of Greenville, Shirley, Beaver Cove,

Willimantic, and Kingsbury Plantation, MSAD 12 in Jackman/Moose River and in the West Forks Municipal School Unit. Before becoming a superintendent she served as principal at Fort O' Brien Elementary School (MSAD 77) in Machiasport; Teaching Principal at Bay Ridge Elementary School (MSAD 77) in Cutler; Grades 6,7 and 8 social studies teacher at Elm Street School (MSAD 77) in East Machias; Grades 6,7 and 8 classroom teacher at Bay Ridge School; and Title I, educational technician I at Bay Ridge School – all in Washington County. Ms. Perry received her Masters of Educational Leadership from the University of Maine and her Bachelor of Arts in History from the University of Maine at Machias. She is currently working on her Doctoral studies in the field of Educational Leadership at the University of Maine. She serves as President for the Kennebec Valley Superintendent's Association, President for the Maine Small Schools Coalition, and is a member of the Maine Superintendents Association State-wide Legislative Committee, Technology Committee and Certification Committee. Most recently, she has been invited to join the Board of Directors for GoodWill Hinckley and to participate in the first Educational Leadership Institute sponsored by the Maine Development Foundation. Ms. Perry is also a wife and proud mother.



Dr. Sheila Pinette

Dr. Sheila Pinette has a diverse medical background. She practiced as a Physician Assistant at St. Francis Hospital in Hartford, Connecticut as an intensivist from 1984 to 1989. She met and married her husband, Dr. Michael Pinette and moved back to his home community of Cape Elizabeth to develop the outreach program for the State of Maine and the Maternal Fetal Medicine Division at Maine Medical Center. She cared for high-risk moms in the program for seven years. After beginning a family, she returned to medical school in 1996 at the University of New England and graduated with honors in 2000. From there, Dr. Pinette completed her Internal Medicine Residency at Maine Medical Center, graduating in 2003. She is dual boarded by both the allopathic and osteopathic boards of Medicine. She has owned and operated her own practice, Internal Medicine on the Cape, since 2003. Currently, Dr. Pinette is the Director of the Maine Center for Disease Control and Prevention in the Department of Human Services. She also serves on the Community Physicians of Maine board as the Treasurer and is a member of the Finance Committee. She is also the Director of the Communications Committee and the Director of Marketing and Communications. A lifelong learner and educator, Dr. Pinette is a member of the Maine, Southern Maine and National Osteopathic Associations, the Sigma Sigma Phi National Honor Society and an Affiliate Member of the American College of Obstetrics. She is also a Fellow of the American Academy of Physician Assistants. Dr. Pinette resides with her family in Cape Elizabeth, where she is an active member in her church and the community. She is a Girl Scout leader and a strong supporter of many youth organizations.



Carol Podgorski, PhD, MPH, MS MFT | **Keynote Speaker**

Dr. Carol Podgorski is a medical sociologist with Master's degrees in Public Health and Marriage and Family Therapy. She's an Associate Professor in the University of Rochester (UR) Department of Psychiatry, and also holds the following leadership positions:- Director of the Finger Lakes Alzheimer's Disease Assistance Center; Director of Family and Community Programs for the UR's multidisciplinary Memory Care Program; Associate Director of the UR's newly launched Office for Aging Research and Health Services; and Co-Director of the UR's Family Therapy Training Program. Her research interests include family conflict in dementia, delivery of dementia care

for families, relationships between older adults and their adult children, mental health in long term care, and academic-community partnerships to improve mental health care for older adults. She has been active as a Board Member of the Rochester Chapter of the Alzheimer's Association since 1996, served as Chair of the Monroe County Board of Health, and also serves on numerous boards and advisory committees, including the Monroe County Council for Elders.



MaKayla Reed

Makayla Reed is a student at College of the Atlantic in Bar Harbor, Maine. At 19, she is the youngest member on the EqualityMaine Board and is entering her second term on The Trevor Project Youth Advisory Council. MaKayla is from Belfast, Maine.



Lt. Janine Roberts

Lt. Janine Roberts is a 28-year veteran of the Portland Police Department with 12 years of experience as a lieutenant, graduating from the F.B.I. National Academy in March 2010. Janine is born and raised in Portland and has seen a lot of changes in the city throughout the years. As a Portland Police Officer, Janine has served her community in several roles throughout her career which uniquely qualifies her for the role as the Community Services Section's Commander. In her off-duty time, Janine stays active in the community by volunteering for charities and other worthy causes, many of which she is still active with. Some of these include volunteering for veterans groups, leading the Department's Color Guard in the City's parades each year, the Maine Police Emerald Society, the Muscular Dystrophy Association, the Make-A-Wish Foundation, the Ronald McDonald House, Camp P.O.S.T.C.A.R.D., Wreaths Across America, the Police Unity Tour, and a member of the Advisory Board for Central Maine Community College's Law Enforcement program.



Robert Rockett, LCSW

Robert Rockett is the Mental Health Police Liaison at The Opportunity Alliance. He is a specialized member of the Crisis Intervention Team and is embedded within the Portland Police Department, serving the City of Portland, and some neighboring communities and police departments. In this position he acts as a liaison between law enforcement, crisis intervention services, area social services and community providers, hospital emergency rooms and the individual in crisis. His goal is to enhance communication and collaboration between systems and ensure effective interventions. Mr. Rockett graduated from the University of Southern Maine with a Master's degree in Social Work in 2004. He has 14 years of experience as a professional social worker and clinician. His experience includes street outreach and resource navigation with homeless adults; in-home and office-based therapeutic intervention with adults, couples, children and families; and providing clinical services to prisoners at the Maine State Prison's Special Management and Mental Health Units.



Deputy Chief Charles Rumsey

Deputy Chief Rumsey has worked at the Waterville Police Department since 1995 and was one of the first patrol officers to partner with the Midnight Team, a collaborative effort between the WPD and Crisis and Counseling to put crisis workers in police cruisers to deliver mental health services and crisis intervention on the street, where it is needed the most.



Mimi Sorg, LCSW

Mimi Sorg is a Licensed Clinical Social Worker and a Certified Professional Coach at Mt. Ararat High School in Topsham, Maine. She received her MSW from the University of New England and her coaching training from the Institute for Professional Excellence in Coaching. Mimi has worked at Mt. Ararat for 14 years and has served in a variety of roles including Social Worker, Assistant Principal, Grant Administrator and the district's youth suicide prevention coordinator. She has a passion for working with teenagers and sees the value in connecting with this particular population. Mimi resides in Bath, Maine.



James Wolak, MD

Dr. Wolak is Medical Director of Psychiatric Emergency Services at Maine Medical Center, and Assistant Professor of Psychiatry at Tufts University Medical School. His service averages 630 patient encounters per month, and is an active training site for psychiatric residents and medical, nursing, and social work students. He received his medical degree from Columbia University and completed his residency in adult psychiatry at New York Presbyterian Hospital/Cornell University Medical College.

Accommodations

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Book sales will be available throughout the day in the foyer outside of the main ballroom.

Contact Hours

Certificates will be emailed upon completion of an online program evaluation.

No partial credit will be given for this activity.

- 5 contact hours pending approval by the Maine Board of Alcohol and Drug Counselors
- 5 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists.
- 5 contact hours for CHES. CCSME is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc.
- 5 CME's approved
- Certificate of attendance for 5 contact hours for social workers, licensed clinical professional counselors, and other professionals

For This Educational Activity:

- No commercial support was received.
- No conflict of interest exists for the planners.
- A commercial product may be discussed in session A4 resulting in a conflict of interest for the presenter.

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Cancellations received in writing by email, fax or mail no later than one week before the event will be refunded minus a \$10 administration fee. Cancellations less than one week before the event and no shows are charged the full registration fee.

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Beyond the Basics in Suicide Prevention: Broadening the View • Extending the Reach

DATE Friday, March 14, 2014
TIME 8:30 AM – 3:30 PM • Registration begins at 8:00 AM
LOCATION Augusta Civic Center, Augusta, Maine
FEE \$85

Name and Credentials

Organization

Address

City

State

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

Sessions A • 11:15 AM – 12:30 PM

1st choice: A1 A2 A3 A4 A5 A6

2nd choice: A1 A2 A3 A4 A5 A6

Sessions B • 2:15 – 3:30 PM

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Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

A Special Thank You to the Beyond the Basics 2014 Planning Committee

Steve Addario	Cara Courchesne	Tara Mitchell
Susan Berry	Rebecca Emmons	Hahna Patterson
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Rich Chamings	Greg Marley	Jean Zimmerman
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