

Maine Center for Disease Control and Prevention
Maine Youth Suicide Prevention Program
11 State House Station
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Augusta, ME 04333-0011

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Beyond the Basics
of Suicide Prevention
Conference Information



Maine Youth Suicide Prevention
Education, Resources and Support—It's Up to All of Us.

- **Nationally recognized speakers**
- **Experienced workshop presenters**
- **Offerings for school personnel, clinicians, survivors & parents**

The Maine Youth Suicide Prevention Program presents

Beyond the Basics of Suicide Prevention V

April 2, 2009

Holiday Inn by the Bay, Portland, ME



Maine Center for
Disease Control
An Office of the
Department of Health and Human Services

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

Early Registration Due by March 19
After March 19th, a late registration fee will be charged.

The Maine Youth Suicide Prevention Program (MYSPP) is led by the Maine Center for Disease Control & Prevention, Maine Department of Health & Human Services.

MYSPP Goals

- Increase statewide public awareness about youth suicide and youth suicide prevention.
- Reduce the incidence of suicidal behavior among Maine youth, aged 10-24.

Who Should Attend the Conference?

This conference is designed for any adult with basic knowledge of suicide prevention who is interested in prevention education and wishes to expand his/her ability to support youth who are dealing with difficult issues. Clinicians, educators, nurses, school personnel and parents would benefit from attendance.

CEUs and Certificates

- ◆ Social Worker
- ◆ Certificates of attendance to all participants
- ◆ This continuing nursing education activity was approved by ANA-MAINE, an accredited approver by the American Nurses Credentialing Center's Commission of Accreditation.

Cost

\$75.00—includes breakfast, lunch, keynote, a choice of one (1) session and all supporting materials.

\$90.00—after March 19th

Agenda At-a-Glance

Thursday, April 2nd

8:00—8:30	Check-in & continental breakfast
8:30—8:45	Welcome
8:45—9:45	Keynote—Alex Miller DBT with Suicidal Adolescents
9:45—10:00	Break
10:00—12:00	Concurrent morning sessions
12:00—12:50	Lunch
12:50—1:10	Youth Suicide in Maine-Erika Lichter
1:10—1:30	Book signing
1:30—3:30	Concurrent afternoon sessions

Please register for only one of the 6 sessions.

These sessions have been designed to present an in-depth exposure to each topic. To ensure continuity participants must select one session and remain in that session for the entire day.

SELECT ONE OF THE 6 CHOICES

SESSION 1 — Dialectical Behavior Therapy with Suicidal Multi-Problem Adolescents **Alex Miller, PsyD**

Dialectical behavior therapy is an evidence-based treatment that has been adapted for suicidal, multi-problem, difficult-to-treat adolescents. Alec Miller and his colleagues have spent the past 14 years conducting clinical research evaluating DBT with outpatient adolescents, inpatient adolescents, and children and adolescents in school settings. DBT is an integrative multi-modal treatment that is behavioral and skills based. Dr. Miller is co-author of Dialectical Behavior Therapy with Suicidal Adolescents.

SESSION 2 — Trickery, Trolling & Threats: Recognizing and Responding to Cyber-bullying and Cyber-taunting **Phil Fogelman, Anti-Defamation League**

Did you know? Studies of Internet-using adolescents indicate that 53% of young people (approximately 13 million) have been targets of cyber-bullying and more than 15% (approximately 4 million) have bullied others online. For some of these youth, online cruelty may be a precursor to more destructive behavior, including involvement in hate groups and bias-related violence.

This workshop is designed to increase awareness of the nature and impact of cyber-bullying, identify tools and strategies for participants to respond effectively, and promote a culture of e-safety among youth.

SESSION 3 — Adolescent Substance Abuse & Suicidality **Kristen Jiorle, Maine Office of Substance Abuse**

This workshop will provide an overview of the signs and symptoms of use/abuse and the risk for suicide with adolescents. Participants will have a picture of what this looks like in Maine with the most recent data available and participate in the case study exercises to assess their understanding and make appropriate decisions regarding intervention/referral of these young people to services/supports.

Please register for only one of the 6 sessions.

These sessions have been designed to present an in-depth exposure to each topic. To ensure continuity participants must select one session and remain in that session for the entire day.

SELECT ONE OF THE 6 CHOICES

SESSION 4 — Bereavement 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 will include didactic presentation, group discussion, case examples from the presenter's practice, and video. Dr. Jordan is co-author of After Suicide Loss: Coping with Your Grief.

SESSION 5 — Psychiatric Disorders and Youth Suicide: Identification and Treatment,

Douglas R. Robbins, M.D., Maine Medical Center

We will discuss an overview of psychiatric disorders that are associated with increased risk for suicide in adolescents, and other risk factors. We will emphasize how to identify these disorders and risk factors in a school setting, primary care office, or in a therapist' practice. We will also briefly discuss approaches to treatment, including family involvement, individual psychotherapy, and medications.

SESSION 6 — Developing More Emotionally Skillful Students: Bringing DBT into the Classroom

Michael Hollander, PhD

This workshop will be an introduction to the principles of Dialectical Behavior Therapy including a variety of didactic and experiential learning experiences. Participants will be expected to actively engage in role playing and behavioral rehearsal; be prepared to have fun. Dr. Hollander is the author of Helping Teens Who Cut.

There are no easy answers in suicide prevention. MYSPP appreciates all the program presenters. We value their expertise and your experience. Suicide prevention is up to ALL of us.



Maine Youth Suicide Prevention
Education, Resources and Support—It's Up to All of Us.

Registration Form
Registrations due by March 19th

Registration Options:

➤ **Register Online**

Go to: www.mcdregistration.org
(Youth Suicide Prevention Trainings & Registrations)

➤ **Fax:** 207-622-3616

➤ **Mail Form to:**

Medical Care Development
c/o Joanne De Campos
11 Parkwood Drive
Augusta, ME 04330

Name _____
(as it should appear on certificate)

Job Title _____

Organization _____

Work Address _____

Work Phone _____

Fax _____

E-mail _____

Attendance Options:

Thursday, April 2nd: (Choose ONE of the 6 options)

First Choice	Second Choice
Session 1 _____	Session 1 _____
Session 2 _____	Session 2 _____
Session 3 _____	Session 3 _____
Session 4 _____	Session 4 _____
Session 5 _____	Session 5 _____
Session 6 _____	Session 6 _____

I request assistance or special accommodations

Payment Options \$75.00 by March 19th
\$90.00 after March 19th

Check enclosed for \$ _____ payable to MYSPP

Charge \$ _____ to: MasterCard Visa

Card Number _____

Expiration Date _____ 3 Digit Code for Visa: _____

Signature _____

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We wish to thank
our conference sponsors:

- AdCare Educational Institute
- Medical Care Development, Inc.
- Vera Foundation
- JD Foundation



Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

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Caring..Responsive..Well-Managed
We are DHHS.

Beyond the Basics of Suicide Prevention April 2, 2009

Registration Information Registrations due by March 19th

(A \$15.00 late fee will be assessed on registrations received after that time.) Registrations accepted on first come first served basis. Registration fee includes tuition, meals, and conference materials.

Registration Questions:

Joanne De Campos (207) 622-7566, ext. 202
or jdecampos@mcd.org

Conference Content Questions:

Linda Williams (207) 622-7566, ext. 243
or lwilliams@mcd.org

Accessibility

This location is handicapped accessible. Call Joanne De Campos at 622-7566 x202 in advance if you require special accessibility, accommodations, or a sign language interpreter.

Substitution/Cancellation/Refunds

Substitution may be made without additional charge. Please call Joanne at (207) 622-7566, ext. 202 to notify us of the change in person attending. Cancellation refunds available if notified 7 days prior to conference. "No shows" are subject to the full fee.

Reservations/Directions

Holiday inn by the Bay
88 Spring St., Portland, ME
(207) 775-2311

For Reservations (if staying overnight)

1-800-345-5050 or www.innbythebay.com

Directions

Take I-95 to Exit 44 (formerly Exit 6a). Continue on I-295 to Exit 7, (Franklin Street). Stay on Franklin Street for five (5) lights. Take a right onto Middle Street, travel approximately 1 mile. (Middle Street turns into Spring Street.) Holiday Inn is on the left.

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