Building Hope Across Populations 2020
Beyond the Basics in Suicide Prevention

Friday, April 10th
Augusta Civic Center
#beyondthebasics2020

presented by

NAMI Maine
Anneliese Singh, PhD, LPC is an award-winning social justice scholar and community organizer. She is a Professor and Associate Dean of the Office of Diversity, Equity, and Inclusion in the College of Education at the University of Georgia, and a Professor of Counselor Education and Counseling Psychologist. Her research, practice, and advocacy explores the resilience and liberation experiences of trans people, people of color, survivors of trauma, South Asian immigrants, and social justice and empowerment training, and she has over 100 publications among these areas. She is the author of A Clinician’s Guide to Gender-Affirming Care, in addition to the Queer and Transgender Resilience Workbook and the Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing.

Anneliese is the current President of the American Psychological Association Division of Counseling Psychology. Anneliese has worked on several national competencies and guidelines projects for the American Counseling Association (ACA) and American Psychological Association (APA). She is a Fellow of both APA and ACA, and serves on multiple editorial boards. In 2009, Anneliese co-founded the Georgia Safe Schools Coalition to work on the intersection of heterosexism, racism, sexism, and other oppressions in Georgia schools. She also founded the Trans Resilience Project to translate findings from her nearly 20 years of research on the resilience that trans and nonbinary people develop across the lifespan and across multiple identities to navigate societal oppression. Anneliese is currently working on an NIH-funded longitudinal multi-site (Atlanta, New York, San Francisco) grant investigating trans identity development, risk, and resilience, as well as a collaborative PCORI grant developing a southeastern trans research and education network. Her TEDx Talk, titled “Transgender Liberation is for Everybody,” explored gender liberation for cisgender and transgender people. Anneliese passionately believes in and strives to live by the ideals of Dr. King’s beloved community, as well as Audre Lorde’s reminder that “without community, there is no liberation.”
8:00am – 8:30am
Registration

8:30am – 9:00am
Welcome Remarks

9:00am – 10:15am
Keynote – Anneliese Singh

10:15am – 10:30am
Transition

10:30am – 11:45pm
Session A

11:45pm – 1:00pm
Lunch

1:00pm – 2:15pm
Session B

2:15pm – 2:30pm
Transition

2:30pm – 3:45pm
Session C

Questions? Ask a NAMI staff member for assistance!
SESSION A

AUTISM SPECIFIC RESOURCES FOR SUICIDE PREVENTION/POSTVENTION ACROSS THE LIFESPAN

Presenters: Lisa Morgan M Ed; Mary P. Donahue, Ph.d.

This session introduces an autism specific resource for suicide prevention: the Crisis Supports for the Autism Community toolkit. Differences of suicide warning signs in autistic people will be discussed, including new research findings showing two unique causes of suicide ideation in autistic people.

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ETHICAL CONSIDERATIONS IN MANAGING SUICIDE RISK: FROM DEATH WITH DIGNITY TO INVOLUNTARY HOSPITALIZATION

Presenters: Greg Marley, LCSW, Clinical Director of NAMI Maine

Suicide is a tragic loss of life impacting everyone who is touched by the death, and the stigma associated with suicide makes it difficult to talk about. Suicide prevention is rooted in religious values regarding the sanctity of life and from these values come the professional practices and even laws that allow us to take action to protect the suicidal individual and prevent harm. Our healthcare professional guidelines and laws allow for an individual at imminent risk to be held against their will for assessment and for an individual to be hospitalized involuntarily to preserve safety and to initiate treatment. These laws and guidelines are counter to professional ethics supporting autonomy, empowerment and the right to confidentiality. The recent passage of Maine’s Death with Dignity Act present another set of ethical challenges for the individual and for organizations. This session will explore the intersection of suicide prevention and risk management through a lens of the ethical challenges and dilemmas regularly faced by people working to prevent this most tragic death.

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SEALEGS: SUICIDE EDUCATION AND AWARENESS, LIVING WITH EMPATHY AND GIVING SUPPORT IN COLLEGE SETTING

Presenters: Samantha Seebode, University of Southern Maine

SEALEGS is a suicide prevention training initiative for USM students that aims to create a healthier conversation about mental health & emotional distress. It explores statistics about student mental health, provides information about risk factors & warning signs for distress, and offers a simple, three-in-one way to engage with a struggling peer.

SUBSTANCE USE DISORDER & SUICIDE RISK

Presenters: Nicole Foster, Recovery Supports Manager of NAMI Maine

Substance use disorder has long been recognized as a driver of suicide. This session will explore the connection between substance use disorder, mental health conditions and suicide. Participants will learn about the statistics of substance use disorder and suicide risk in Maine. Panelists will also speak about how they have lived with substance use disorder and suicidal ideation, and what personal treatments have contributed to their ongoing recovery.

MEANS REDUCTION & FIREARM SAFETY

Presenters: Tracy Charrette, Suicide Prevention Coordinator Veterans Affairs Maine; Justin Drescher, Corporal, Veterans Affairs Police Officer

Firearm safety discussions are critical. The safe handling of a firearm is a practice that many owners view as “golden rules.” The number of deaths by suicide involving weapons has risen and attempts to provide greater education regarding means reduction and firearm safety is sensitive and challenging. This difficult conversation is intensified in the face of increased mental health stressors and crisis. Means reduction and firearm safety discussions, while hard, can be made easier with support and tools. This training will explore those different aspects of this topic with the goal of providing increased firearm knowledge and supportive conversation tools. Trigger locks and other valuable means safety information will be available as a take-away!
SESSION B

INTIMATE PARTNER VIOLENCE

**Presenters:** Regina Rooney, Maine Coalition to End Domestic Violence

Some people face disproportionate impacts from both suicidality and domestic violence abusers. This panel discussion will bring together experts representing specific/marginalized Maine communities to discuss both the risks faced by their communities, and also the strength and resilience of the folks therein. Amidst so much struggle, what helps people not just survive, but thrive? This panel, facilitated by the Maine Coalition to End Domestic Violence, will explore highlighting those communities throughout the state that are at a disproportionate risk for both domestic violence and suicide and the programming being done to address those needs and risk.

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TELEHEALTH & PREVENTION IN RURAL COMMUNITIES

**Presenters:** Jamelyn Murphy-Hughes, LCSW, Northern Light Acadia Hospital

With the ever-increasing mental health challenges in our State, the demand for psychiatric services continues to be on the rise. Maine, as we know, is an incredibly rural State with too few providers to support the nooks and crannies. Telepsychiatry allows the psychiatric provider to come to the patient and meet them where they are at. Patients are seen through this service in an emergency department or inpatient setting, when they need it the most. Providers work together with hospital providers and ideally, patients stabilize without needing further treatment.

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MORAL INJURY AND LAW ENFORCEMENT

**Presenters:** Hannah Longley, LCSW, Director of Community Programs at NAMI Maine

Moral injury is a concept initially explored within the military culture. As more knowledge is gained and awareness increases, it has become clear that law enforcement and first responders are also impacted by this. Moral injury has been linked to increased risk for depression, anxiety, substance use disorder, and suicidal ideation.

BUILDING A SCHOOL CULTURE OF MENTAL WELLNESS

**Presenters:** Jenna Mehnert, CEO of NAMI Maine, Cassidy McCormack, Dr. Kristen Levesque, Principal of Maranacook Middle School, Jonathan Shapiro, Bear Shea, and Kellie Bailey of the Maine Department of Education, School and Student Supports Division

Explore new approaches being implemented to support schools in building cultures that support mental wellness. New strategies are being implemented by the Maine DOE and NAMI Maine that focus on decreasing the risk of suicide, building trauma-responsive environments that embrace mindfulness, combating harmful impact of ACEs, enhancing safety and decreasing bullying that may be a good fit for your school community. This session will highlight approaches and options for your community.

WHAT IF TRANS LIBERATION IS FOR EVERYBODY?: MOVING FROM AFFIRMATIVE TO LIBERATORY COUNSELING WITH ALL GENDERS

**Presenters:** Dr. Anneliese Singh, PhD, LPC

In this post-conference workshop, Dr. Singh describes how recent debates about “gender-neutral” bathrooms shape trans-negative societal discourses in the United States and re-ignite community-based trauma. Using historical context and histories of trans liberation and civil rights movements around the world, Dr. Singh explores how divided discussions about trans people and bathrooms have the potential to move all of us towards learning more about our own gender training and other socializations around race/ethnicity, disability, class, and other identities. Applying liberation psychology tenets to trans counseling approaches, she invites attendees to dream up, envision, and bring into the world gender freedom practices in order to provide a more empowering counseling environment for people from all gender identities and expressions.
SESSION C

AFTER A SUICIDE: SUPPORTING INDIVIDUALS AND THE SCHOOL COMMUNITY IN THE AFTERMATH OF TRAGIC LOSS

**Presenters:** Greg Marley, LCSW, Clinical Director of NAMI Maine

A suicide death is sudden, unexpected, and traumatic, and it carries all the stigma associated with a self-inflicted loss. In a school setting, the immediate impact is powerful as everyone feels less safe and people struggle to come to terms with the death and the fact it is a suicide. We have learned techniques and practices to support affected students and staff and to support the school to return to normal functioning while addressing appropriate grieving and maintaining active vigilance regarding the risk of contagion. This session will explore the immediate, short-term and long-term needs in schools after a loss and offer updated guidance and resources to support the school community.

ASSESSING SUICIDE RISK ACROSS POPULATIONS

**Presenters:** Rich Chammings, Clinical Director at Crisis & Counseling Centers

Participants will learn evidenced based concepts of conducting comprehensive suicide risk assessments across a variety of populations to include; adolescents, the elderly, veterans, LGBTQ, and persons with chronic and persistent mental illness. Evidenced based treatments will also be reviewed.

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IT GETS BETTER: BUILDING LIFELONG RESILIENCY FOR LGBTQ YOUTH

**Presenters:** Bridget McAlonan, Airwyn Sherman, Tahirj Hebert, Gia Drew, Program Director at Equality Maine, Matea Mills-Andruik, Youth Engagement Coordinator at Out Maine

Members of the LGBTQ community are at significantly higher risk for suicide than their heterosexual and cisgender peers. Harassment, bullying, stigma, and barriers to care can all contribute to poor outcomes for this community, yet coming out can happen age and the risk factors don’t end with adolescence. This session, featuring a range of personal perspectives ranging from youth, young adult, parents, and adults working with youth, will explore the tools, resources, sources of resiliency and advocacy available to young LGBTQ Mainers to help them lead longer, healthier lives.

WELLNESS & HEALTH: WHY YOUR RESILIENCE MATTERS

**Presenters:** Tracy Charrette, Suicide Prevention Coordinator Veterans Affairs Maine; Helen Smart-Perille, Psychologist, and Daniel Martins, Peer Support Specialist

Stress and burnout have become buzz words in our society. These concepts are readily accepted as unavoidable consequences of life — #TooBusyForSelf-Care. Research indicates that unattended self-care has debilitating societal, health, professional, and personal consequences. Join us for an interactive discussion on addressing YOUR wellness in a climate of increased demands, diminished resources, and perceived time constraints. Through shared experience and expert consultation, we will supportively discuss recognizing the signs and symptoms of burnout, practical steps for self-care, and how to build resilience.

INTEGRATING POSITIVE MESSAGES INTO SUICIDE PREVENTION

**Presenters:** Lauren Stevens and Sage Purser, Wabanaki Public Health

This workshop will look at the holistic benefits of using positive messages with youth to support resiliency and prevent suicide. We will discuss how negative expressions and positive expressions, and no expressions impact the wellbeing of youth. This workshop dives into the book *The Hidden Messages in Water*, the research behind it, and how you as an individual can impact the world.