

Youth Suicide Prevention and Intervention Symposium

Wednesday, February 28, 2018 - Session Details

- 8:00 AM - 8:15 AM** **Welcome**
Julia Wigert, Ed.S., NCSP, School Psychology Specialist - Colorado Department of Education
- 8:15 AM – 9:45 AM** **Plenary: Why People Die by Suicide**
[Room: 100A-C] **Presenter:** *Thomas Joiner, Ph.D., Robert O. Lawton Distinguished Professor of Psychology, Florida State University Author of Why People Die by Suicide and Suicide Myths*
In his new theory of suicidal behavior, Dr. Joiner proposes three factors that mark those most at risk of death: the feeling of being a burden on loved ones; the sense of isolation; and, perhaps chillingly, the learned ability to hurt oneself.
Introduction by Sarah Brummett, MA, JD, Office of Suicide Prevention, Colorado Department of Public Health & Environment
- 9:45 AM – 10:00 AM** **Break**
- 10:00 AM – 11:30 AM** **Morning Workshops**
- [Room: 104] **1. Suicide in Colorado**
Presenter: *Sarah Brummett, Office of Suicide Prevention, CDPHE*
The presentation will orient the audience to suicide trends within Colorado, publicly available data tools to help inform prevention strategies at the local level, and provide an overview of statewide priorities and initiatives of the office including: current infrastructure and momentum of the Suicide Prevention Commission and Colorado National Collaborative; the systems-level strategies of Zero Suicide; and partnerships with the firearm community in prevention efforts.
- [Room: 200B] **2. Crisis Response in the Aftermath of Suicide**
Presenter: *Chris Harms, Colorado School Safety Resource Center, CDPS*
Postvention is prevention when it comes to youth suicide. How a school responds can lessen the chances of a contagion and help all students and staff recover after a suicide. Having responded to a multitude of student suicides over the course of many years, Ms. Harms will offer suggestions and tools as to how best to respond in the aftermath.
- [Room: 200A] **3. The Use of Student Data to Inform Ongoing Suicide Prevention Programming**
Presenter: *Amy Plog, Janise McNally and Cam Short-Camilla, Cherry Creek School District*
This workshop will present multiple sources of data used to provide information relevant to one district's implementation of the Signs of Suicide (SOS) program. This includes student survey data gathered pre- and post-implementation of SOS, district-wide self-report survey data regarding who students tell about suicidality and their reasons for not telling, and suicide risk assessment data. Discussion will then focus on what these sources of information say about whether SOS has achieved its goals of decreased suicide attempts, increased help-seeking, and reduced stigma and what the data suggest about the potential need for and content of additional supports.
- [Room: 105] **4. Douglas County Sheriff's Office Y.E.S.S. Program**
Presenter: *Deputy Jay Martin, Douglas County Sheriff's Office*
Youth Education and Safety in Schools (Y.E.S.S.) is a program aiding youth and parents in developing coping skills to be better prepared for life's challenges with digital citizenship, relationships and substance use. Attendees will learn about the Y.E.S.S. program that started in 2009 and how it has evolved into a nationally known program by 2017. Learn how to implement the program in your community to better prepare the citizens. Y.E.S.S. is a tested program helping young and old to be more proactive in their own wellbeing.
- 11:30 AM – 12:15 AM** **Lunch & Networking [Lunch seating in rooms 200A & 200B]**

12:15 AM – 1:45 PM
[Room: 100A-C]

Luncheon Plenary: Suicide Intervention in schools

Presenter: *Ron Lee Psy.D., Director of Mental Health Services Cherry Creek School District*

Dr. Lee will provide local prevalence of suicide data, basic considerations of risk factors for youth suicide, and offer a model for school-based suicide intervention with students. He will address the challenges and various aspects of how to do this work in a timely and effective manner.

Introduction by Christine Harms MS, Director, Colorado School Safety Resource Center

1:45 PM – 2:00 PM

Break

2:00 PM – 3:30 PM

Afternoon Workshops

[Room: 104]

1. Suicide Prevention with Gifted Students

Presenter: *Joanna Barker, Denver Public Schools*

This workshop will include discussions about characteristics of gifted and highly gifted youth, including anxiety, perfectionism, emotional intensity and an insatiable love of learning. We will review Dabrowski's Theory of Overexcitabilities and do a deep dive into the possible experience of Existential Depression. After gaining a deeper understanding about these factors the group will review relevant research related to suicide, presentation of warning signs, and assessing youth with thoughts of suicide in this population. We will wrap up our conversation by discussing actions schools can take to support student safety.

[Room: 200A]

2. Suicide Contagion, District 20's Experience

Presenters: *Andrea Lucero, M.A. and Martha T. Hinson, M.Ed.*

Workshop participants will hear an up-close account of suicide contagion in Academy School District 20. Highlights will be learning postvention guidelines, best practices, lessons learned and moving forward with hope after suicide.

[Room: 200B]

3. Psychiatric Hospitalization for Adolescents: Intake to Discharge and Returning to School

Presenter: *Melanie Taussig MA, LCSW, Clearview Behavioral Health*

Being a teenager is stressful. Teens are faced with many issues and it is not uncommon for some to experience mental health concerns including depression, anxiety, and suicidal thoughts. When such issues become too difficult to manage, a person can wind up in the hospital. This can be a challenging and overwhelming time yet a lifesaving move to getting one's life back on track. This workshop will examine issues that may lead an individual to be psychiatrically hospitalized, the processes of intake and discharge, as well as discussion of a safe and coordinated transition back to school.

[Room: 105]

4. Colorado Crisis Services Update

Presenter: *Angela Grosso, LCSW, Colorado Office of Behavioral Health*

The hardest part about getting help for a mental health, substance use, or emotional issue is knowing where to begin — especially when an issue reaches a crisis point. Colorado Crisis Services provides confidential and immediate help for any mental health, substance use, or emotional concern, 24/7/365. Call 844-493-TALK (8255) or text TALK to 38255 to speak with a trained professional who will provide immediate support and connect you, or someone you know, to further resources. You can also visit www.ColoradoCrisisServices.org to find the walk-in location nearest you. Colorado Crisis Services — when you don't know where to turn, you can always turn to us.

3:30 PM

Evaluations/Certificates and Adjournment

Presenters – Plenary & Workshop Speakers in Alphabetical Order

Joanna Barker, EdS, NCSP

Ms. Barker is a School Psychologist at Denver Public Schools and is currently the Lead Support for the Department of Social Work and Psychological Services. She has significant background in Title IX, threat response, suicide prevention/postvention, non-violent crisis intervention, and mandated reporting. Previously, she worked as the Student Safety Coordinator in DPS focused on bolstering suicide prevention and threat response efforts for the district. Ms. Barker currently serves on the District Crisis Response Team, Department Leadership Team, and is a senior level NCI trainer for the district. She is a Nationally Certified Suicide Prevention Specialist and contributed to the Colorado School Safety Resource Center: Review of the Three Arapahoe High School Shooting 2013 Reports. She is a return presenter for the Suicide Symposium and proud DPS parent.

Sarah Brummett, M.A., J.D.

Sarah Brummett is Director of the State Office of Suicide Prevention, housed in the Department of Public Health & Environment. The Office sets statewide priorities for suicide prevention and intervention. She works collaboratively with other programs, state agencies, nonprofits, and private organizations to develop and implement effective strategies. Before joining CDPHE, Ms. Brummett practiced family and appellate law in both Colorado Springs and the Denver Metro area. Ms. Brummett received her JD from the Sturm College of Law, University of Denver and also a Master's of Forensic Psychology from the Graduate School of Professional Psychology, University of Denver.

Angela Grosso, LCSW

Angela Grosso is a Licensed Clinical Social Worker, currently serving as the Coordinator for the statewide crisis response system, Colorado Crisis Services. In addition to coordinating crisis services, Angela works as a behavioral health counselor at Children's Hospital Colorado in their inpatient psychiatric department. Angela has her Bachelor's degree in Music Education and Music Therapy from the University of Kansas, a Master's Degree in Social Work from Washington University in St. Louis, and she is currently pursuing her Ph.D. in Developmental Psychology. Angela has worked as a family therapist in community mental health and hospital settings here in Colorado and been with the Department of Human Services since 2016.

Christine Harms, M.S.

Chris is a former public school teacher, private school administrator, psychotherapist and trainer with over 30+ years of experience. She has trained professionals on a wide variety of school safety issues related to behavioral health. She has also been an adjunct professor at the University of Northern Colorado. She served as the co-coordinator of a school safety center in Pennsylvania before coming to Colorado where she often responded to schools who had experienced the death of a student by suicide. Prior to becoming the Director of the Colorado School Safety Resource Center in 2012, she served as the School Outreach Consultant for the Center starting in 2009.

Martha Hinson, M.Ed.

With over 20 years' experience as a counselor for children and adolescents, Martha Hinson is a Licensed Professional Counselor specializing in child and adolescent counseling and maintains a private practice in Colorado Springs. She and her dog, Gracie are certified through the Delta Society as a Pet Partner Team for Animal Assisted Therapy. Martha also works with Academy School District 20 as a SAFE counselor for middle and high school students as well as co-leader of the district crisis team and suicide prevention team. Martha is a national trainer for PREPaRE: School Crisis Prevention and Intervention Curriculum and a member of the Colorado School Psychologist Statewide Crisis Team.

Thomas Joiner, Ph.D.

Thomas Joiner grew up in Georgia, went to college at Princeton, and received his Ph.D. in Clinical Psychology from the University of Texas at Austin. Along with an impressive list of other honors, he is The Robert O. Lawton Distinguished Professor in the Department of Psychology at Florida State University (FSU), Tallahassee, Florida. Author of over 625 peer-reviewed publications, Dr. Joiner has authored or edited eighteen books, including *Why People Die by Suicide*, published in 2005, and *Myths about Suicide*, published in 2010. His book *Mindlessness: The Corruption of Mindfulness in a Culture of Narcissism*, came out in 2017. Largely in connection with *Why People Die By Suicide*, he has made numerous radio, print, and television appearances, including write-ups in The Wall Street Journal and The Times of London, a radio interview on NPR's Talk of the Nation, and two appearances on the Dr. Phil Show.

Ron Lee, Psy.D.

Ron Lee holds a doctorate in clinical psychology from the University of Denver. He has worked in the public schools for the last 26 years as a school psychologist, district coordinator and is currently the Director of Mental Health Services in the Cherry Creek Schools District (CCSD). For twelve years he has been a district trainer for suicide intervention at CCSD. He has participated in a three school district study that revealed the power of committee to district-wide suicide prevention and intervention.

Andrea Lucero, M.A.

Andrea Lucero has been a practicing school counselor for over 16 years in the Colorado Springs Community. Andrea works in Academy School District 20 as a College and Career Counselor as well as a co-leader for the district crisis team and suicide prevention team. Andrea is a national trainer for PREPaRE: School Crisis Prevention and Intervention Curriculum and a member of the Colorado School Psychologist Statewide Crisis Team.

Deputy Jay Martin

Deputy Jay Martin is a teacher by degree and a deputy by trade with 16 years in law enforcement. In 2009, he was D.A.R.E. Officer of the Year in Colorado, however, in the same year he was tasked by the Sheriff of the Douglas County Sheriff's Office in Castle, Rock, Colorado to aid in creating a program beyond substance abuse to include digital technology and teen relationships. Recognized nationally in 2012 & 2017, the Youth Education and Safety in Schools (Y.E.S.S.) program was created which became the foundation for the National Non-profit Digital Futures Initiative (DFi) today.

Janise McNally

Wellness Coordinator for Cherry Creek Schools, Janise McNally, holds a graduate degree in Educational Psychology from the University of Colorado. Her professional background includes ten years work as a school psychologist at elementary, middle and high school levels in both traditional and alternative settings. Janise applies her training and experience in mental health to her current role through development and implementation of initiatives that support psychological and physical well-being of students, staff and families.

Amy Plog, Ph.D.

Amy Plog, PhD, received her doctorate in clinical psychology from the University of Houston. She has worked with the Cherry Creek School District in Colorado since 1998 as the Research and Data Coordinator for the district's Health and Wellness Department and Safe Schools Design Team. In this role, she has directed several district-wide assessments of bullying, school climate, and student risk and protective factors. Dr. Plog has presented data regarding bullying prevention, school safety, and at-risk students at several statewide and national conferences.

Cam Short-Camilla, MSW

Cam Short-Camilli, MSW, is currently the Coordinator of Mental Health Services for the Cherry Creek School District in Colorado. She received her B.S.W. from Western Michigan University and her M.S.W. from Michigan State University. She has many years of experience working in the district as a School Social Worker at the elementary and middle school levels and currently supporting mental health services in both special education and general education in prevention, intervention and social/emotional learning. Current suicide prevention efforts include training staff in the Signs of Suicide Curriculum and participating in the Douglas/Arapahoe Suicide Prevention Alliance.

Melanie Taussig, MA, LCSW

Melanie Taussig is a Licensed Clinical Social Worker and works in Community Outreach at Clear View Behavioral Health in Johnstown. Before beginning her social work career, Melanie taught 3rd grade. Melanie spent several years working as a therapist at the Counseling Center at Arizona State University in Tempe, AZ. As a member of the Arizona Institutions of Higher Education, Melanie was active in the development and implementation of several prevention programs for university students throughout Arizona. Since moving to Colorado, Melanie has continued her prevention efforts and advocacy for individuals and families afflicted by Mental Illness. Melanie is involved with the Suicide Prevention Coalition as well as the Youth Advisory Council for the State of Colorado. Melanie has a Master of Arts in Education from Pepperdine University and an MSW from Arizona State University.