



Youth Suicide Prevention Symposium
Tuesday, November 15, 2022, 8:00 AM – 3:00 PM
Lowry Conference Center

AGENDA

7:45 AM – 8:00 AM **Registration Sign In**

8:00 AM – 8:15 AM **Welcome & Introductions**

Christine R. Harms, Director - Colorado School Safety Resource Center (CSSRC), CDPS
Lena Heilmann, Director- Colorado Office of Suicide Prevention (OSP), CDPHE

8:15 AM – 9:15 AM **Plenary – Assessing Suicide in Younger Children**

Jeffrey Bridge, Ph.D., Nationwide Children’s Hospital

Suicide rates among elementary school-aged children and preteens have increased recently in the United States, with an age-related racial disparity in youth suicide rates being observed. Specifically, among children younger than age 13, the suicide rates is approximately two times higher for Black children compared with White children, a finding observed in boys and girls. However, among youth aged 13 to 17 years, the suicide rate was approximately 50% lower among Black youth than White youth. This talk will describe the epidemiology of suicide and suicidal behavior among children and preteens in the US and highlight opportunities for prevention and intervention.

9:15 AM – 9:30 AM **Break**

9:30 AM – 10:30 AM **Plenary – Improving Teen Sleep to Prevent Suicide**

Tina Goldstein, Ph.D., University of Pittsburgh

Most known suicide risk factors are distal (i.e., long-standing, static), identifying who is at risk, but not when. Thus, our ability to reliably predict, and ultimately prevent, suicide among vulnerable populations remains inadequate. In this presentation, we discuss the promise of targeting sleep difficulties to decrease suicidality among young people at-risk. We will review studies that support an association between a range of sleep problems and suicidality among youth. We will then explore ways that sleep difficulties may affect suicide risk, and subsequently describe promising sleep-related assessment and treatment approaches that may aid in identification and treatment of suicidal youth.

10:30 AM – 10:45 AM **Break**

10:45 AM – 11:45 AM **Plenary – Adoption is an Adverse Childhood Experience and Risk Factor for Suicide**

Lina Vanegas, M.S.W.

Adoption is an Adverse Childhood Experience (ACE) and needs to be recognized as such. Adoption is also a risk factor for many tragic outcomes including suicide. The narrative around adoption is the opposite of this which overlooks and ignores the reality of high suicidal despair, suicide attempts and death by suicide of adopted children. This session will discuss the reality of the lived experience of adopted children, past and current research and what we can all do to best support adopted children.

11:45 AM – 12:30 PM **Lunch Break**

12:30 PM – 1:30 PM **Plenary – Suicide Among Muslim Students**

Rania Awaad, Ph.D., Stanford University

Suicide is one of the top causes of mortality in teenagers and young adults. Since the COVID-19 Pandemic there has been increased rates of youth presenting with suicidality, often in conjunction with Adverse Childhood Events (ACEs). One community that has been disproportionately affected has been the American Muslim communities. Though religion and religious identity in general are thought to be protective factors for suicidality, there may be a more complicated interplay in how religious identity affects suicidality in Muslim youth. Learn specific evidence-based practices and strategies that have been identified to reduce suicide and severity of its harms associated with ACEs, with a particular focus on American Muslim populations.

1:30 PM – 1:45 PM **Break**



Youth Suicide Prevention Symposium
Tuesday, November 15, 2022, 8:00 AM – 3:00 PM
Lowry Conference Center

1:45 PM– 2:45 PM Plenary – Suicide Prevention for Students of Color

Ron Lee, Psy.D., Colorado School Safety Resource Center

Dr. Lee will start the session by walking through the disparities, risk factors and protective factors of Black, Hispanic, Indigenous, Asian, Multi-Racial and White American youth who are struggling with suicide in the United States. He will explore the barriers that families of color face when attempting to access quality mental health care. Finally, the session will conclude with brief strategies on how to implement and sustain a culturally competent and racially responsive suicide prevention effort.

2:45 PM– 3:00 PM Evaluations and Adjournment

Please note: Certificates of attendance would be available after submitting a completed evaluations. Thank you!



Youth Suicide Prevention Symposium
Tuesday, November 15, 2022, 8:00 AM – 3:00 PM
Lowry Conference Center

Speakers

Rania Awaad, Ph.D.

Dr. Rania Awaad M.D., is a Clinical Associate Professor of Psychiatry at the Stanford University School of Medicine where she is the Director of the Stanford Muslim Mental Health & Islamic Psychology Lab as well as Stanford University's Affiliate Chaplain. In the community, she serves as the Executive Director of Maristan.org, a holistic mental health nonprofit serving Muslim communities. In addition, she is faculty of Islamic Psychology at Cambridge Muslim College and The Islamic Seminary of America. She is also a Senior Fellow for Yaqeen Institute and the Institute of Social Policy and Understanding. Follow her @Dr.RaniaAwaad

Jeffrey Bridge, Ph.D.

Jeff Bridge, PhD, is an epidemiologist and director of the Center for Suicide Prevention and Research in the Abigail Wexner Research Institute at Nationwide Children's Hospital. Dr. Bridge is also the Nationwide Foundation Endowed Chair of Innovation in Behavioral Health Research and professor of Pediatrics, Psychiatry and Behavioral Health at The Ohio State University College of Medicine. His research focuses on the epidemiology of suicide and suicidal behavior in young people, neurocognitive vulnerability to suicidal behavior, screening for suicide risk in medical and school settings and improving the quality of care for suicidal youth.

Tina Goldstein, Ph.D.

Tina Goldstein, Ph.D is a licensed psychologist and the Pittsburgh Foundation Endowed Professor in Psychiatry Research at the University of Pittsburgh. Dr. Goldstein's clinical and research interests focus on understanding the etiology and treatment for youth with, and at-risk for, mood disorders and suicide. Her research program is supported by grant funding from federal and private foundations and she is the author of over 150 manuscripts and book chapters. Her contributions to the field have been recognized with numerous awards, including the Klerman Young Investigator Award from the Depression and Bipolar Support Alliance (DBSA) and the Presidential Early Career Award for Scientists and Engineers (PECASE).

Ron Lee, Psy.D.

Dr. Lee has worked as a school psychologist and school administrator in Colorado for 28 years. In his current role as School Outreach Consultant for the CSSRC, he provides training and support for K-12 schools and higher education in regards to various needs involving psychological safety. He is licensed in the state of Colorado as a clinical psychologist, school psychologist, and K-12 school administrator. As an Asian American trainer and mental health professional, he has committed his daily work in education to an approach that maximizes racial awareness and cultural humility.

Lina Vanegas, M.S.W.

Lina Vanegas (she/her/hers) is a Master of Social Work, and a transracial and transnational displaced person. She is a presenter, consultant, teacher and writer. She is an adoptee rights advocate, mental health and suicide prevention advocate and trauma expert. She is also the co-creator and co-host of the podcast, Re-scripting The Narrative. She is passionate about educating and creating awareness on adoption.