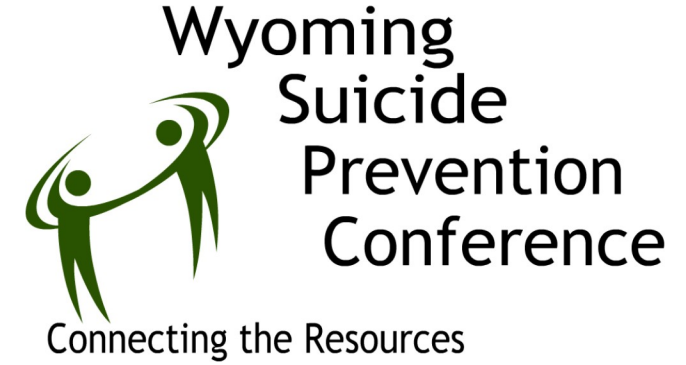


Notes



Welcome to the

Wyoming Suicide Prevention Conference:
Connecting the Resources
May 7 & 8, 2014

Best Western-Ramkota

Casper, Wyoming

Hosted by:



Notes

Wednesday May 7

Suicide Prevention in Veterans Administration

Edgar Pretty On Top, LCSW & Dr. Mark Mann, Sheridan VAHCS

Overview of Suicide Prevention in the VA and partnering with communities (state and local); assessing the risk of suicide in individual patients in conjunction with treating clinicians, community outreaches, providing training Operation S.A.V.E., Veteran Crisis Hotline and its use and follow-up.

CIT and the Community; Partnerships, Responsibility, Accountability, and More!

Major Sam Cochran

Defining CIT is sometimes erroneously presented as a law enforcement program. True, CIT is a Law Enforcement First Responder Program, but understanding CIT beyond limitation of “just” training offers a more meaningful way of addressing mental illness issues and concerns. This presentation gives insight with emphasis of CIT in terms of core elements: responsibility and accountability. In addition, a new component of the CIT model will be introduced. It is this new reflection that captures the “MORE” within the presentation title. Sounds complicated; not really. It will all come together while exploring the “Community” within CIT.

Rural Primary Care Toolkit, Patient Management Techniques

Jeremy Vogt, Ph.D.

Designing and Delivering School-based Comprehensive Suicide Prevention Programs

Sue Eastgard, MSW

Schools play a very important role in preventing suicidal injuries and deaths. This workshop will provide participants with the inspiration for and the knowledge to design and deliver suicide prevention programs in middle and high schools. Learn the five elements of comprehensive prevention programs and specific strategies to implement and overcome the common obstacles.

Verbal De-Escalation: Performance and Skills are the Mosaic Art of CIT

Major Sam Cochran

Verbal de-escalation skills have been written about and studied for many years. Verbal de-escalation is recognized as an important feature role supporting CIT training. Dynamics of skills training does not always capture the intended purpose of verbal de-escalation as a CIT role. This presentation will showcase some of the “Mosaic Art” features necessary for CIT Verbal De-escalation Training; practical applications will be demonstrated during role playing exercises. Class participation will be required.

Further Function and Aspects of Working with Veterans and Partnering with Local and State Agencies and Organizations

Edgar Pretty On Top, LCSW & Dr. Mark Mann, Sheridan VAHCS

Presenter will discuss further all functions and aspects of Suicide Prevention in the VA and partnering with local and state agencies and organizations.

Thursday May 8

- 8:00-8:30 Continental Breakfast
- 8:30-8:45 Welcome - Lance Neiberger, Survivor and Natrona County Suicide Prevention Task Force
- 8:45-10:00 General Session: Suicide Prevention in Behavioral Health Disaster Planning and Crisis Intervention-Tim Marshall, LCSW
- 10:00-10:15 Break**
- 10:15-10:30 Guest Speaker: Governor Matt Mead
- 10:30-11:45 General Session: National and Regional Perspectives on Suicide Prevention - Charles Smith, Ph.D.
- 11:45-12:15 General Session: What is Happening with Suicide Prevention in Wyoming - Teressa Humphries-Wadsworth, Ph.D., Director of State Wide Suicide Prevention
- 12:15-1:30 Lunch**
- 1:30-3:00 Breakout Sessions
1. Suicide Prevention in Rural Communities: Challenges and Opportunities - Charles Smith, Ph.D. (North Room)
 2. Behavioral Health Disaster Planning, Crisis Intervention and Suicide Prevention - Tim Marshall, LCSW (South Room)
 3. QPR Training - Lance Neiberger & Afton Jennings
(Central Room)

Thank You to the Wyoming Suicide

Co-Chairs:

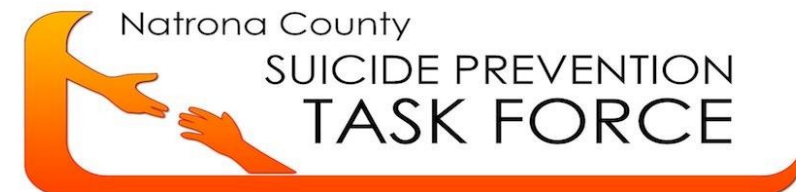
Joe Nickerson & Traci Gardner

- Jen Dyer
- Dawn Cundy
- Afton Jennings
- Lance Neiberger
- Tammy Noel
- Jean Davies
- Keri Owen

A Special Thank You

- Debra Huber
- Barb Walker
- Alyson Moser
- Best Western Ramkota

Hosted By



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Western Meadlark Level



Linda & Lance Neiberger

Zimmerman
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Foundation

In loving memory of
Evan Schmidt



Sacajawea Level

- AFSP Wyoming Chapter
- Cheyenne Regional Medical Center
- Youth Empowerment Council
- Ivinson Memorial Hospital
- Wyoming Recovery
- The Mattie Project
- Wyoming Medical Center
- High Plains Pizza Inc. DBA Pizza Hut
- Jonah Bank of Wyoming

Buffalo Level

- Natrona County Prevention Coalition
- Casper College
- 12-24 Club
- First Interstate Bank
- United Way of Natrona County
- Wyoming Meth Project
- Yellowstone Recovery Center

Plains Cottonwood Level

- Natrona County Prevention Coalition
- Wyoming Peace Officers Association

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Thursday May 8

Suicide Prevention in Behavioral Health Disaster Planning and Crisis Intervention

Tim Marshall, LCSW

This session will address how to incorporate suicide prevention strategies within crisis intervention services and disaster planning. Additionally, the presentation will suggest data elements that may be helpful to track in order to measure progress.

National and Regional Perspectives on Suicide Prevention

Charles Smith, Ph.D.

This presentation will provide an overview of national and regional data on suicide, layout the key elements and strategies driving the Surgeon General's National Strategy for Suicide Prevention, and provide an overview of Federal resources and initiatives for suicide prevention and behavioral health care.

What is Happening with Suicide Prevention in Wyoming

Teressa Humphries-Wadsworth, Ph.D., Director of State Wide Suicide Prevention

Find out what is happening across the State of Wyoming in Suicide Prevention. Discover how the State is working with Wyoming communities to address the tragedy of suicide, and look to the future of suicide prevention in Wyoming.

Suicide Prevention in Rural Communities: Challenges and Opportunities

Charles Smith, Ph.D.

This session will be an open forum to: a.) highlight the challenges faced by rural and frontier communities regarding suicide prevention; b.) discuss in detail federal and regional suicide prevention resources (technical assistance and funding); and c.) examine the opportunities for system collaboration, health information technology, cross-discipline training and education that positively impact our communities' preparation and response to suicide.

Behavioral Health Disaster Planning, Crisis Intervention, and Suicide Prevention

Tim Marshall, LCSW

This session will go into greater detail than the general session and will give more specifics on Connecticut's Crisis Intervention Services, Connecticut's Disaster Behavioral Health Response Network and Connecticut-specific data collected and reviewed in order to track how effective suicide prevention efforts may be.

QPR Training

Lance Neiberger & Afton Jennings

Attempted or completed suicide can be seen as a journey, one that begins with an idea and ends with an act. QPR is an evidence-based and peer-reviewed training program providing what is commonly called a gatekeeper training. QPR stands for Question, Persuade, and Refer; three steps anyone can learn to help save lives. QPR is easy to learn and takes just one hour. The Wyoming Prevention Management Organization and the Natrona County Suicide Prevention Task Force are glad to provide this training session for everyone. ~Ask a Question, Save a Life~.

Speaker Biographies

Edgar Pretty On Top is from Lodge Grass, MT. He is currently the Suicide Prevention Coordinator for Sheridan VAMC system. The Suicide Prevention program is charged with identifying, following and monitoring High Risk Suicide in the Veteran population throughout the Sheridan VAMC and its catchment area (Wyoming, excluding Cheyenne) and promoting Education (VA employees on all levels) and Outreach (Suicide Prevention) and partnering with local Coalitions, in addition to daily and weekly group/classes on station. Edgar is currently a Board Member of the Wyoming Chapter AFSP (American Foundation Suicide Prevention).

Dr. Mark Mann is currently the Associate Chief of Staff for Mental Health at the Sheridan VA Health Care System. The Sheridan VAHCS Mental Health Department is responsible for 135 inpatient beds that ranges from a locked Acute Psychiatric Unit, to Residential Substance Dependence and Post-Traumatic Stress Disorder Treatment. He obtained his Ph.D. in Clinical Psychology from the University of Maryland. He has over 10 years experience teaching psychology at the University level as well as published multiple peer review journals articles and book chapters. He completed five years of neuropsychological assessment at the National Institute of Health and has worked on research projects with the National Institute of Justice, the Maryland Department of Corrections, the University of Maryland, and the Baltimore VAMC. He was a consultant for the Clinical Trials Unit of the National Institute of Drug Abuse and the University of Maryland College Park. Dr. Mann is considered an expert in the study and treatment of Co-occurring Disorders, Post-Traumatic Stress Disorder and Substance Use.

Major Sam Cochran, retired is nationally known for his work in developing the Crisis Intervention Team (CIT) model. He currently serves as project coordinator with the University of Memphis CIT Center. He has presented the CIT model on numerous radio and television programs, and to many organizations and communities. In addition to receiving the University of New York John Jay College of Criminal Justice, Law Enforcement News Person of the Year Award (2000), the National Alliance on Mental Illness (NAMI) has named their annual law enforcement advocacy award after Major Cochran. Major Cochran holds a Bachelor of Science degree in Criminal Justice and a Master's degree in Political Science and Criminal Justice from the University of Southern Mississippi.

Jeremy Vogt, Ph.D. is a Research and Technical Assistance Associate with the WICHE Mental Health Program. He received his doctoral degree in clinical psychology from The University of South Dakota in August of 2011. He completed his clinical internship at the University of Colorado-Denver School of Medicine with an emphasis in primary care psychology and a post-doctoral fellowship with the WICHE Mental Health Program. His professional interests include integrated health care and medical education. Dr. Vogt is lead WICHE associate in charge of suicide prevention training and has conducted several trainings around the Mental Health Program's Suicide Prevention Toolkit for Primary Care Practices, as well as provided talks on Veteran Suicide and Wellness. He is also a certified instructor of Mental Health First Aid.

Sue Eastgard has more than 30 years of experience in mental health and suicide prevention including work as a clinician, manager, and director of crisis services and suicide prevention efforts. Ms. Eastgard founded the Youth Suicide Prevention Program of Washington State in 1999 and served as its director until June 2011. She is a certified facilitator for a variety of suicide assessment and intervention training programs.

Speaker Biographies

Tim Marshall, LCSW is Acting Director of Behavioral Health at DCF. Mr. Marshall is a Licensed Clinical Social Worker in CT who has provided treatment services to children and families in a variety of settings. He has worked for DCF for over 20 years, serving in both local area offices and in the central office. He shares the coordination role for the Disaster Behavioral Health Response Network (DBHRN) and he currently oversees the EMPS Crisis Intervention service for children. He shares in the oversight of statewide mental health and substance abuse programs.

Dr. Charles Smith is the Regional Administrator for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services - Region VIII. Dr. Smith is the former Director of the Colorado Division of Behavioral Health and Deputy Commissioner of Mental Health and Substance Abuse for the State of Colorado. Dr. Smith is a Licensed Psychologist with over 25 years of experience in fields of behavioral health administration, program development, forensic/correctional psychology, emergency/crisis intervention, recovery support systems, research, and consultation.

Dr. Teresa Humphries-Wadsworth, Ph.D. is the Director of Statewide Suicide Prevention for Prevention Management Organization of Wyoming. She received her doctorate in Counseling Psychology from Texas A&M University. She is a licensed psychologist and has been in practice in Wyoming since 2002. With over 25 years of experience specializing in rural community mental health and substance abuse treatment, she has worked extensively as a clinician and community change advocate. Over the past several years, Dr. Humphries-Wadsworth has led efforts in suicide prevention at the community, regional, state, and national levels. Her accomplishments include: developing an innovative suicide treatment approach for rural communities, building a statewide web of community prevention interventions that are linked and yet independent; and developing innovative projects that integrate emerging research with frontline services. Her latest projects include: developing the WySER (Wyoming Suicide Epidemiology Research) project; developing guidelines for integrating suicide screening into substance abuse assessment; and growing the statewide infrastructure to support response to the legislative mandate to provide suicide prevention education to teachers and administrators (Jason Flatt Act). Her work has attracted the attention of the Iowa Governor's Council, the American Association of Suicidology, the Suicide Prevention Research Center, and Substance Abuse and Mental Health

Lance Neiberger is a petroleum engineer living in Casper, Wyoming. He never thought that he would be exposed to suicide within his family. In March, 2006, his 17 year old son took his own life. After dealing with the aftermath, Lance has dedicated his life to helping educate others about suicide and help in suicide prevention efforts.

Afton Jennings, BSW is the Youth Empowerment Council (YEC) Coordinator employed by the Mercer Family Resource Center. Through YEC, Afton facilitates the Suicide Prevention Awareness Team (SPAT) who provides peer-to-peer education on the warning signs, risk factors, and protective factors in regards to suicide prevention and awareness. During this school year alone, her program has reached over 1,500 youth in the Natrona County School District. Afton has found her passion is raising awareness about suicide prevention and will be perusing her Master of Social Work in June to expand that effort.