

*Striving for Last Place*  
**Preventing Suicide  
by Instilling Hope**



**November 14-15  
Helena, Montana**

- **11 total credit hours available\***
- **All helping professions and survivors\*\* invited to attend**
- **GREAT VALUE! Up to \$35 savings compared to last year's conference**
- **RARE OPPORTUNITY! Enjoy suicide prevention experts from Montana and across the country—all together for the first time**

\* Continuing Education credit hours available for professionals only

\*\* SURVIVORS include anyone who has lost a friend or family member to suicide

# Conference Objectives

- Increase knowledge and skill of clinicians working with individuals at risk
- Raise awareness of resources, interventions, warning signs and symptoms
- Identify generational differences and dispel myths and stigmas
- Enhance familiarity with tribal and cultural perspectives
- Address issues specific to “survivors,” educators, military veterans, law enforcement, and families

## Conference Schedule (at a Glance)

### Friday, November 14, 2008

8:00 A.M.	Registration
9:00 A.M.	Welcome: Lt. Governor John Bohlinger
9:15 A.M.	Keynote Address: <i>“It Takes a Community,”</i> Jerry Reed
10:00 A.M.	Keynote Address: Survivors and Advocacy Panel: <i>“How These Events Changed Our Lives,”</i> Matt Kuntz, Anna Whiting-Sorrell, Nathan Munn, M.D.
11:00 A.M.	Break
11:15 A.M.	BREAKOUT SESSION I: Choice of Workshop
12:30-2:00 P.M.	Lunch on your own
2:00-3:30 P.M.	BREAKOUT SESSION II: Choice of Workshop
3:30-5:00 P.M.	BREAKOUT SESSION III: Choice of Workshop
5:00 P.M.	End of day one

### Saturday, November 15, 2008

8:00 A.M.	Registration
8:30 A.M.	Keynote Address: <i>“Suicide Risk Factors: Working with Women with Multiple Abuse Issues,”</i> Patti Bland
9:30-10:15 A.M.	Keynote Address: <i>“Suicide Behavior as Cognitive Contagions: How Suicide Can Become a Conceivable Behavior within Cultures,”</i> Nathan Munn, M.D.
10:15 A.M.	Break
10:30 A.M.	BREAKOUT SESSION IV: Choice of Workshop
12:00-1:30 P.M.	Lunch on your own
1:30-2:45 P.M.	BREAKOUT SESSION V: Choice of Workshop
2:45 P.M.	End of conference

## Accommodations

A block of rooms has been reserved at The Red Lion Colonial Hotel for a reduced rate of \$87 per night for a double until November 3rd. For Reservations, contact The Colonial Hotel at 1-800-325-4000; be sure to let them know you are with NASW.

**Directions:** The Red Lion Colonial Inn is located at 2301 Colonial Drive, at the corner of Colonial Dr. and California St. When on I-15, take exit 192B, turn right off exit, move in to left hand lane, turn left on Fee St, go through intersection, Colonial Inn is three blocks up on the right. From the west side of town stay on Highway 12 through town; follow the signs for the hospital.

**While in Helena:** Explore beautiful downtown Helena, Last Chance Gulch, the State Capitol and Helena’s striking historic neighborhoods. Visit <http://helenacvb.visitmt.com/> or <http://www.helenachamber.com/> for more information.

# Keynote Presenters

## Friday

9:00 A.M.

Lt. Governor John Bohlinger: Welcome

9:15 A.M.

Jerry Reed, Ph.D., MSW: *"It Takes a Community"*

*Dr. Reed is the Director of the Suicide Prevention Resource Center (SPRC) and speaks both nationally and internationally about suicide prevention efforts. His interests include geriatrics, global violence prevention and public policy. Dr. Reed also serves on the Board of the International Association for Suicide Prevention as Chair of the Council of Organizational Representatives.*

10:00 A.M.

Survivors and Advocacy Panel: *"How These Events Changed Our Lives"*

Matt Kunz, Nathan Munn, M.D., Anna Whiting-Sorrell

*Matt Kunz is Executive Director of NAMI MT. Dr. Munn's bio sketch is below. Whiting-Sorrell is policy advisor on families for Gov. Brian Schweitzer.*

## Saturday

8:30 A.M.

Patricia J. Bland: *"Suicide Risk Factors: Working with Women with Multiple Abuse Issues"*

*Patty Bland, M.A. CCDC CDP, currently serves as the project director of the Training Project for the Alaska Network on Domestic Violence and Sexual Assault, which seeks to provide training and technical assistance to advocates providing community education and advocacy. Patti has published several articles on co-occurring issues and is also the author of the Alaska Network on Domestic Violence and Sexual Assault "Basic Curriculum for Advocates" and co-author of "Safety and Sobriety: Real Tools You Can Use."*

9:30-10:15 A.M.

Nathan Munn, M.D.: *"Suicide Behavior as Cognitive Contagions: How Suicide Can Become a Conceivable Behavior within Cultures"*

*Nathan A. Munn, M.D., is a professor of psychology at the University of Montana–Helena College of Technology. He has previously practiced psychiatry for 10 years. His current interests are the spread of ideas, especially the distorted cognitions associated with mental illness and suicide, within populations.*

## Breakout Session I Friday, Nov. 14 • 11:15 A.M.-12:30 P.M.

### 1. School Based Prevention: Signs of Suicide (SOS) Program

This session will inform participants of the SOS suicide prevention program. The program utilizes a two step approach, including suicide awareness curriculum and a brief depression screening.

#### Learning Objective:

- Become familiar with the SOS program and its effectiveness

*KARL ROSSTON, LCSW, is the Suicide Prevention Coordinator for the Department of Public Health and Human Services. He offers suicide prevention training and awareness in state schools across Montana. Previously, Karl worked at Shodair Children's Hospital as the Director of Social Services.*

### 2. Panel Presentation: Planting Seeds of Hope in Native American Communities

This panel of speakers will discuss the Planting Seeds of Hope suicide prevention program. The speakers will guide a conversation focused on sustainability of suicide prevention in Montana.

#### Learning Objectives:

- Continue suicide prevention network in Montana
- Provide partnership opportunities for projects across the state

*PETE CONWAY, M.Ed., is the Director of the Billings Area Indian Health Service.*

*MARGENE TOWER, RN,MS, serves as an Area Mental Health Consultant.*

*DON WETZEL, JR., is the Director of Planting Seeds of Hope.*

*LEEANN JOHNSON, M.PH, is the Area Health Promotions Specialist for Billings Area Indian Health Service.*

### 3. Mental Illness and Suicide

Persons with Serious Mental Illnesses attempt or commit suicide at a rate that is considerably higher than the national norm. The National Alliance for the Mentally Ill (NAMI) provides support to families that have family members with Serious Mental Illnesses. Dr. Mihelish will provide an overview of the programs NAMI provides to family members to more effectively support their family member in their recovery and preventing suicide.

#### Learning Objectives:

- Learn about the incidence of suicide among persons with serious mental illness
- Develop an understanding of the family support and peer support programs provided through the NAMI MT organization

*GARY MIHELISH is the President of NAMI-Montana, and is active in the development of recovery-based,*

evidence based practices in Montana. A family member of someone with Serious Disabling Mental Illness (SDMI), Gary has been an advocate for individuals living with SDMI and their families for 20 years.

## 4. Assessing for Suicide and Substance Use Disorders

This session will examine the relationship between substance use and Suicide Ideation and Attempt and how alcohol and other drugs affect the brain. The session will also discuss client and clinician fears and biases when assessing suicide and substances, and provide a comprehensive screening tool for diagnosis and treatment for co-occurring disorders.

### Learning Objective:

- Learn warning signs of substance-related suicide issues and effective screening for these disorders

*PETER FORMAZ is a Montana Licensed Addiction Counselor and National Certified Addiction Counselor-II. He is the Northwest Regional Vice-President of the National Association of Alcohol and Drug Abuse Counselors. Peter operates an Outpatient Behavioral Health Facility in Helena for Benefis Health System and is a long-time advocate for Mental Health/Substance Use Parity.*

# Breakout Session II

Friday, Nov. 14 • 2:00 -3:30 P.M.

## 1. Question, Persuade, Refer: Information for Intervention

Providing an overview of “QPR Suicide Prevention Gatekeeper Training,” this session will discuss how to recognize the warning signs of suicide, introduce the three step method for intervention, and guide participants on how to refer a suicidal person to get help.

### Learning Objective:

- Gain information about QPR as an emergency response to someone in a suicide crisis

*JUDY GRIFFITH, LAC, NCAC is a certified QPR Gatekeeper Trainer, and serves as a Board Member for the American Foundation for Suicide Prevention-Montana Chapter. Judy has 26 years of experience in substance abuse and suicide prevention and intervention work. She is also a member of the Montana Youth and Young Adult Suicide Prevention Task Force.*

## 2. Domestic Violence and the Impact on Mental Health

Trauma associated with domestic violence often has a dramatic impact on the mental health of survivors. This session will discuss power dynamics, behaviors and characteristics of perpetrators, and present how issues of control and violence affect mental wellness.

### Learning Objectives:

- Understand the dynamics of power and control and identify behaviors of perpetrators
- Understand how Domestic Violence impacts mental health and wellness of victims

*NICOLE GRAY is the Public Outreach Coordinator for the Montana Coalition against Domestic and Sexual Violence. She is involved with the Coalition’s grant to raise awareness about domestic and sexual violence against women with disabilities, with an emphasis on psychiatric disabilities. Previously, Nicole worked for the North Slope Borough Health Department in Arctic Alaska as an advocate with the Arctic Women-In-Crisis shelter program. She was born, raised and educated in Missoula, Montana.*

## 3. Overview of Crisis Intervention Team Training

This session will provide an overview of C.I.T. training: where it came from, what it is, and how it can work in your community.

### Learning Objectives:

- Understand Crisis Intervention Team training, its structure and purpose
- Determine how C.I.T. will work in your community

*JERRY WILLIAMS has served as the Risk Management Training Officer at Montana Law Enforcement Academy since 2005. Previously, Jerry served 22 years in the Law Enforcement Department.*

## 4. College and Suicide: One in Ten Students

One in ten college students seriously contemplates suicide during their academic career, and one in ten students attempts suicide. This session examines suicide among college students: reasons for, unique circumstances, exacerbating factors, and prevention-intervention-after care measures.

### Learning Objectives:

- Learn about the incidence of suicidal behaviors among college students
- Learn measures to reduce suicidal behaviors on college campuses



*K. MIKE FRANKLIN, Ed.D., LCPC, is in his sixth year as the Director of Counseling Services at Carroll College and has over 25 years of experience working with young adults. Carroll College has incorporated numerous measures—both national “Best Practice” measures and ones developed at Carroll—to reduce the incidence of suicidal behaviors among its students.*

# Breakout Session III

Friday, Nov. 14 • 3:30 -5:00 P.M.

## 1. Suicide Among the Young

This session will discuss the increase in youth suicide, the prevalence of Repetitive Self-Mutilation Syndrome, and resources to address these issues. The discussion will focus on facts, figures and formulas for youth suicide prevention.

### Learning Objective:

- Become more aware of Montana's youth suicide problem

*KARL ROSSTON (See bio above)*

## 2. Prevalence of Suicide in Native Cultures

This presentation will highlight the incidence and prevalence of American Indian and Alaskan Native youth suicide and the associated risk and protective factors.

### Learning Objective:

- Learn new and innovative community-based and culturally grounded approaches to reduce American Indian and Alaskan Native youth suicide

*DR. DENISE MIDDLEBROOK, PhD., is the Community Intervention Director for the Native Aspirations Project, which works to reduce youth violence, bullying and suicide among American Indian and Alaska Native youth.*

## 3. Incidence of Homicide/Suicide and the Connection with Domestic Violence in Montana

This session will present correlations between Domestic Violence and Suicide as well as the best practices in assessing danger for those in the at-risk group. The session will also identify tools being used for these practices.

### Learning Objectives:

- Understand the nexus of Domestic Violence and suicide
- Be aware of current thinking and best practices in the lethality assessment of domestic violence
- Gain exposure to instruments used to identify and gauge risk in a given relationship

*MATT DALE was appointed the first-ever director of the Department of Justice's Office of Consumer Protection and Victim Services. The position coordinates State work in the areas of dating violence, consumer protection, sexual assault and domestic violence. Dale earned a BA in psychology from the University of Minnesota and holds a MA in social sciences from Pacific Lutheran University in Tacoma, WA.*

# Breakout Session IV

Saturday, Nov. 15 • 10:30 A.M. -12:00 P.M.

## 1. Suicide Among Older Adults

This presentation will examine suicide among older adults and related policy and prevention initiatives. Epidemiology, risk and protective factors, and a discussion of current federal policy activity and promising practices on older adult suicide prevention will be reviewed.

### Learning Objectives:

- Describe suicide among older adults: rates, prevalence, methods, trends
- Identify risk and protective factors for older adult suicide
- Understand public policy response and promising practices for older adult suicide prevention

*JERRY REED, Ph.D, M.S.W., is the current Director of the Suicide Prevention Resource Center (SPRC) and speaks both nationally and internationally about suicide prevention efforts. His interests include geriatrics, global violence prevention and public policy. Dr. Reed also serves on the Board of the International Association for Suicide Prevention as Chair of the Council of Organizational Representatives.*

## 2. Suicide Prevention Programs: Teen Screen

Teen Screen is a nationally recognized suicide prevention program developed by Columbia University. This session will present the experience of the Helena School District in the implementation of the program. Participants will hear the local success stories of the program and will have an opportunity to observe the screening tool used by the Teen Screen program

### Learning Objectives:

- Become more familiar with the Teen Screen program and implementation process
- Become aware of the success of the program in the Helena community

*TRACY MOSEMAN has worked for the Helena School District as a school based prevention coordinator for almost four years. During this time she has managed several prevention related grants. The most important part of her life is being the mother of two wonderful children, Haley, 5, and Trey, 2.*

## 3. Answering the Call: Montana's Suicide Hotlines Update

This session will give a brief history and overview of the suicide hotline and its function in Montana. The discussion will then address why crisis line services are needed in the state and how to reduce stigma in order to increase help seeking behaviors.

## Learning Objectives:

- Increase understanding of Montana's Suicide Hotline services
- Raise awareness about 2-1-1, a statewide information and referral database
- Combat stigmas surrounding mental illness

ANGELA HANSEN is the Crisisline Coordinator for Voices of Hope in Great Falls. She is a certified QPR trainer and an ASIST trainer, and has been active in anti violence issues faround Montana for the past eight years. Angela is a graduate of the University of Montana.

## 4. Planting Seeds of Hope: Implementation of the ASIST program

An overview of the Applied Suicide Intervention Skills Training (ASIST) program will introduce participants to one of the most widely used suicide prevention practices and teach hands on, practical skills training to prevent the immediate risk of suicide. Through sharing the successes and challenges faced by Planting Seeds of Hope, the session will also discuss how to adapt the model to fit various prevention efforts.

### Learning Objectives:

- Learn practical skills to prevent the immediate risk of suicide
- Tailor use of the ASIST model to fit specific cultures

DON WETZEL, JR., is the Director of Planting Seeds of Hope, a Montana and Wyoming Tribal Leaders Council program focusing on suicide prevention. The project is a collaborative between Montana's Blackfeet, Crow, Northern Cheyenne, Fort Peck and Fort Belknap, and Wyoming's Wind River Indian populations.

# Breakout Session V Saturday, Nov. 15 • 1:30 -2:45 P.M.

## 1. Working with Women with Multiple Abuse Issues: Safety Planning

This workshop will discuss screening tools and safety planning tips to enhance safety and reduce the risk for battered women experiencing trauma from multiple forms of abuse associated with domestic and sexual violence, substance abuse and other trauma impacting mental health.

### Learning Objectives:

- Describe at least three practical screening tools to utilize when working with people impacted by multiple forms of abuse
- Describe at least three safety planning strategies to support women addressing multiple abuse issues

PATRICIA J. BLAND, M.A. CCDC CDP, currently serves as the project director of the Training Project for the Alaska Network on Domestic Violence and Sexual Assault, which seeks to provide training and technical assistance to advocates providing community education and advocacy. Patti has published several articles on co-occurring issues and is also the author of the Alaska Network on Domestic Violence and Sexual Assault "Basic Curriculum for Advocates" and co-author of "Safety and Sobriety: Real Tools You Can Use."

## 2. Operation Save: Suicide Prevention is Everyone's Business

Designed to increase awareness about suicide and provide information about available resources, this presentation will identify the signs and symptoms of veterans who may be at risk for suicide. The program will discuss how to talk to the suicidal person and how to make referrals to care.

### Learning Objectives:

- Realize the scope and importance of suicide prevention
- Realize the negative impact of myths and misinformation
- Identify a person at-risk and gain the tools to refer them to get help

KELLIE LAFAVE RN, BA, is a third generation nurse and has served veterans for 32 years in a variety of direct care capacities. Currently, Kellie works as the Suicide Prevention Coordinator for VA Montana.

## 3. An Integrated Community Model for Suicide Prevention: Lessons from Cardiac Care

Many suicide prevention programs are singularly focused and have had limited impact on the rate, incidence or prevalence of suicide. This session will examine a comprehensive community model of prevention applied to cardiac disease. By examining the components of the cardiac care prevention model and drawing parallels for suicide prevention, participants will be introduced to a proposed integrated community model.

### Learning Objectives:

- Review the developmental history and components of an inclusive community cardiac care model
- Explore potential parallels for a suggested comprehensive community suicide care model
- Gain a reference for presenting suicide prevention and control to medically trained personnel

NELS SANDALL, PhD, MS, is a noted expert in the area of rural suicide and serves on the editorial board of the Journal of Suicide and Life Threatening Behavior. He has published numerous articles and books and is a frequent speaker at national and international scientific forums on various aspects of rural health care, including suicide. Dr. Sandall is currently the president of the Critical Illness and Trauma Foundation in Bozeman.

# Registration Form

STRIVING FOR LAST PLACE: PREVENTING SUICIDE BY INSTILLING HOPE • NOVEMBER 14-15, 2008

Registration forms can be downloaded at [www.naswmt.org](http://www.naswmt.org). Register now with a credit card at <http://www.aceva.com/booking.cfm?bevaaid=169124> (online processing fees apply). Or complete this form and mail with payment to:

**National Association of Social Workers, Montana Chapter**  
25 S. Ewing, Suite 406  
Helena, MT 59601

Any new social worker that joins NASW with a Conference Registration will be given the member reduced fee. Completed membership application and membership fee OR copy of completed online registration must accompany registration.

Join online at [www.socialworkers.org](http://www.socialworkers.org) or call NASW-MT at 406-449-6208 for an application.

*Please copy and use a separate form for each person's registration.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Work) \_\_\_\_\_ (Home) \_\_\_\_\_

E-mail \_\_\_\_\_

Registration fee covers conference registration and refreshment breaks

Space Limited!

## Registration for two days

NASW Member \$170 \_\_\_\_\_

Non-Member \$190 \_\_\_\_\_

Student/Retired \$120 \_\_\_\_\_

Survivor\* \$150 \_\_\_\_\_

\*No CEU's Available

## Can't make it both days? One day registration

		FRI	SAT	
NASW Member	\$90	<input type="checkbox"/>	<input type="checkbox"/>	_____

Non-Member	\$110	<input type="checkbox"/>	<input type="checkbox"/>	_____
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Student/Retired	\$70	<input type="checkbox"/>	<input type="checkbox"/>	_____
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Survivor*	\$80	<input type="checkbox"/>	<input type="checkbox"/>	_____
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\*No CEU's Available

TOTAL ENCLOSED \_\_\_\_\_

## Please indicate which sessions you plan to attend:

Breakout Session I – Friday  1  2  3  4

Breakout Session II – Friday  1  2  3  4

Breakout Session III – Friday  1  2  3

Breakout Session IV – Saturday  1  2  3  4

Breakout Session V – Saturday  1  2  3

### CANCELLATION POLICY

Full refund (less \$30 processing fee) if cancelled 48 hours prior to the workshop.  
No refund after this deadline.

### CONTINUING EDUCATION

Eleven (11) Continuing Education Credits for LCSWs, LCPCs, Psychologists, and LACs are available for the workshops. You must register at the Member/Non Member Rate to receive credit.