

*Youth Suicide Prevention Assembly*

*(YSPA) in collaboration with the*

*Suicide Prevention Council and*

*the Geriatric Education Center,*

*and with the help of its sponsors,*

*presents the*

## *Sixth Annual Conference*

# Suicide Prevention

*Across Time and Across Systems*



**Friday, November 6, 2009**

**8:30 am – 4:00 pm**

**Loon Mountain Club**

**Lincoln New Hampshire**

## Conference Objectives

The purposes of the conference include:

- To increase understanding of suicide in New Hampshire;
- To provide participants with a perspective of gains made and directions taken towards suicide prevention; and
- To learn what is being done in New Hampshire and how it is working.

## Suggested Audience

This conference is recommended for mental health, public health and other health care providers, survivors, educators, policy-makers, parents, law enforcement and first responders, the media, and anyone interested in learning more about suicide prevention among all age groups.

## Why this Conference?

Suicide is a major public health issue. It is the second leading cause of death for young people in New Hampshire and a significant cause for those of all ages. In addition, suicide attempts and threats are an indication of the need for counseling and mental health services and a range of community responses to keep all of our citizens healthy and productive.

## Why you?

You will obtain specific tools and resources that you can use to respond to those at risk, learn what is taking place in preventing suicide in New Hampshire, and find out how you can be involved.

Preventing suicide is complex. It requires communication, collaboration, and working together. We invite you to join us and become part of the solution!

## Conference Agenda

**8:30 am – 9:00 am**

**Registration & Continental Breakfast**

**9:00 am – 9:30 am**

**Welcome & Introductions**

**9:30 am – 10:15 am**

**Plenary Session**

*Eric Hipple, former Detroit Lion Quarterback and author of **Real Men Do Cry***

**10:15 am – 10:30 am**

**Break**

**10:30 am – 11:15 pm**

**Plenary Session**

*Jerry Reed, Executive Director SPRC*

**11:15 pm – 12:30 pm**

**AM Workshop Sessions**

*Please refer to the listing of workshops A-D and indicate your choices when registering*

**12:30 pm - 1:45 pm**

**Lunch**

**New Hampshire Update & Awards**

**1:45 pm – 3:00 pm**

**PM Workshop Sessions**

*Please refer to the listing of workshops E-H and indicate your choices when registering*

**3:00 pm – 3:10 pm**

**Break**

**3:10 pm – 3:50 pm**

**Plenary Session**

*Representative Roger Wells and his son, Dan. "Personal Story Across Time"*

**3:50 pm – 4:00 pm**

**Evaluations & Wrap-up**

## Plenary Session Speakers

### Eric Hipple

Eric is a former quarterback for the Detroit Lions, the author of the book *Real Men Do Cry*, and the recipient of both the 2008 Lifetime Achievement Award from the American Foundation for Suicide Prevention and the 2006 Presidential Citation from the American Psychological Association.



### Jerry Reed

Jerry is the former Executive Director of Suicide Prevention Action Network (SPAN USA) and is the current Director of the Suicide Prevention Resource Center (SPRC). He brings many years of experience from a national and international perspective on suicide prevention efforts.



### Roger and Dan Wells:

Representative Roger Wells and his son, Dan, who is a high school guidance counselor, will speak on their personal experiences as suicide survivors and their leadership of a suicide survivor support group over many years.



## AM Workshop Sessions

### A. Reintegration: Addressing Youth, Veterans and Inmates

Three diverse groups with unique challenges, yet addressing similar issues as they “re-enter every day life” in communities in New Hampshire. The workshop will focus on the risk and protective factors that face them all and how to improve the transition.

### B. Integrated Medical and Mental Health Services

It is not uncommon for adults, particularly those in late-middle age as well as later years, to experience co-occurring medical, psychiatric and/or substance use conditions. Integrating medical and mental health services is essential to have a more positive impact on both, the physical and mental health of individuals. An overview of how better integrated care helps to improve overall care quality as well as care outcomes will be provided.

### C. SSRIs: Panacea or Poison?

A child psychiatrist will describe the current use of selective serotonin re-uptake inhibitor antidepressants (“panacea”) and discuss “Black Box” warnings. New Hampshire’s Chief Medical Examiner will point out public health issues regarding drug overdose deaths, poly-pharmacy and related problems (“poison”).

### D. “Survivor Journeys: Healing Privately and Publicly”

Through the sharing of their personal stories, three survivors of suicide loss explore how healing can be found in very different ways—from quiet activities to prevention work in schools and prisons.

## AM Workshop Sessions

### E. Youth Suicide Prevention: Hanover and Raymond

Two different communities will present their programs and approaches to suicide prevention that involve young people themselves. The workshop will provide materials that others may find useful and will encourage dialogue and discussion.

### F. National Guard Connect! Program

Description of the model, based upon NH’s Connect! Best Practices Registry program used as a model for the military. Special considerations for this unique population as well as how the program is comparable to the program for the general public.

### G. Depression Across the Lifecycle

This workshop will present a panel discussion of the common signs and symptoms of depression in youth under the age of 25, “middle aged” male and “middle aged” female issues as well as those for older adults.

### H. Ethical Issues of Prevention in Different Age Groups

An examination of the ethics of suicide - how the impact varies following a suicide death in one generation versus another and how to ethically respond to the differences. An application for Ethics CEUs has been made.



## Thanks To Our Sponsors

Before Their Time

Injury Prevention Center at CHaD

NAMI NH/Connect! Project

NH Department of Health & Human Services

West Central Behavior Health Administration

Substance Abuse & Mental Health Services Administration (SAMHSA)

See A New Sun Foundation

Suicide Prevention Council

### YSPA

The Youth Suicide Prevention Assembly brings together professionals, survivors and others interested in working together to reduce suicidal behavior among New Hampshire youth. We recognize that any suicide or attempt can impact our communities and us. We meet the second Thursday of each month in Concord, New Hampshire. We would welcome your involvement. Contact us at

NAMI NH  
603-225-5359

or at the

Bureau of Behavioral Health  
NH Department of Health  
& Human Services  
603 271-5028 (NH Relay) 711  
1-800 852-3345 x 5028 (toll free in-state)



### At the Conference

- Professional books will be available for sale.
- 4.5 CEUs pending - no additional cost



### Loon Mountain Club

A block of rooms is being held until October 31 for conference participants, from \$95-\$205 per night. To make a reservation, call the resort directly at: 1-800-229-STAY (7829) and mention *Suicide Prevention Conference*.

### Directions to Loon Mountain Club

Take I-93 to Exit 32, then 2 ½ miles East. Turn right into Loon ski area, turn left after bridge; the Club is at the end.

[www.mtnclub.com](http://www.mtnclub.com)

## Registration

The registration fee is \$50 and includes lunch, breaks and materials. **Please make checks payable to YSPA.** Scholarships are available - please call for information.

**Please register by October 30th.**

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### AM Workshop Selection (please circle one)

A      B      C      D

### PM Workshop Selection (please circle one)

E      F      G      H

**Please return your completed registration form and check(s), payable to YSPA, to:**

**Cynthia LaPointe, IPC/DHMC,  
One Medical Center Drive  
Lebanon, NH 03756**

Fax: (603) 653-8354

Email: [cindi.j.lapointe@dartmouth.edu](mailto:cindi.j.lapointe@dartmouth.edu)

Questions or special needs? Call us at:  
**(877) 783-0432 or (603) 653-8360**