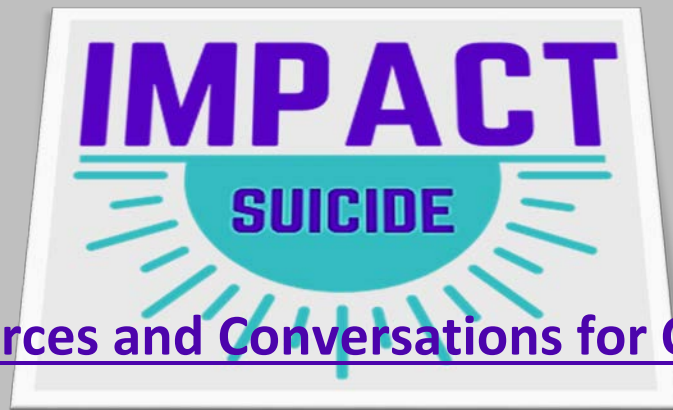


Click "IMPACT Suicide" to enter the *Main Conference Zoom Room*



Resources and Conversations for Change

Conference Agenda & Resource Guide
September 10, 2020 8:00am – 12:30pm

Welcome!

First, and foremost, thank you for being here! Thank you for your time and your attention. The conference committee has put a lot of thought into how to make information and training as accessible, helpful, and above all else, useful. As this is the first year of this conference, we hope to take all feedback received to make future conferences even more beneficial to the communities in which we live and serve.

*Please click "IMPACT Suicide" above or the link here to join the conference: [***Main Conference Zoom Room**](#)*

Audio only: (312) 626-6799 / Webinar ID: 980 1964 1593

Seeking CEUs? Please complete the pre-test prior to the start of the conference: [Pre-Test Link](#)

[Housekeeping](#)

[Schedule](#)

[Breakout Sessions](#)

[CEUs](#)

[Handouts](#)

[Resources](#)

[Feedback](#)

Click on any of the links above to go to that specific section of the document

Housekeeping/Helpful Conference Info

This conference agenda will serve as your guide to access the training rooms, various resources from our presenters, and other information that is shared during this conference. Please use this during your time with us today.

- MAIN CONFERENCE ZOOM ROOM
 - o The conference will start and end in the same room: The **Main Conference Zoom Room**
 - Room link: [Main Conference Zoom Room](#) Audio only: (312) 626-6799 / Webinar ID: 980 1964 1593
- AUDIO
 - o We want everyone to have the best possible experience! In the main conference Zoom room, you will not be able to unmute yourself. Please use the Q&A option, often found at the bottom of the Zoom screen.
 - o While in the breakout rooms, please keep yourself muted when not speaking. You may unmute yourself when you want to speak aloud to the group.
- QUESTIONS
 - o Please feel free to ask questions! In the main conference room, please use the Q&A option and in the breakout session, please use the chat option.
 - o If you had additional questions that we were not able to address in the conference, please include them in the evaluation form. We will make every effort to get an answer and respond back.
- FEEDBACK/Evaluation
 - o We also want to hear your feedback! Please use the [evaluation survey](#) to share ideas for more training, questions, and any other information that you feel would be valuable to consider for future conferences!
- IT SUPPORT
 - o Please contact Dan Moore: dmoorab@siue.edu or (618) 650-5381 for IT/tech needs during the conference
- PROCEEDS
 - o All proceeds from this training will be used to fund future conferences (fingers crossed for 2021)

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Schedule

<u>Time</u>	<u>Topic</u>	<u>Location</u>
8:00 – 8:05 AM	Welcome and Good Morning! Let's Great Ready to Learn!	Location: Main Conference Zoom Room
8:05 – 8:10 AM	IT Review – Getting the Most out of our Zoom Room!	Location: Main Conference Zoom Room
8:10 – 8:25 AM	Housekeeping and General Information - <i>During this time slides will be playing that contain general information ☺</i> - <i>Please use this time to get comfortable and ready to learn!</i>	Location: Main Conference Zoom Room
8:25 – 8:30 AM	Overview and Introduction	Location: Main Conference Zoom Room
8:30 – 9:15 AM	Breaking the Silence Keynote Speaker: Dr. John Gaal, EdD, CPS, CWP Consultant, HBR&D; Former Director of Training and Workforce Development (retired); STLKC Carpenter's Council	Location: Main Conference Zoom Room Topic: <i>Stigma & cultural Influences, Need for balance in physical, spiritual, emotional, mental aspects of our lives; call to action – path forward.</i>
9:15 – 10:00 AM	Understanding Suicide in 2020 Topic Expert Speaker: Dr. Alex Karydi, PhD, LMFT Project 2025 Director, American Foundation for Suicide Prevention	Location: Main Conference Zoom Room Topic: <i>Explore signs of suicide from a modern lens, risk factors related to COVID-19 and suicide concerns, hear updated interventions and responses, introduce the substance use connection, and show how to improve outcomes.</i>
10:00 – 10:10 AM	Q&A / Break	Location: Main Conference Zoom Room
10:10 – 11:20 AM	Resource Panel of Crisis Intervention/Support - Moderators: Dianna Glenn-Cuddeback and Nick Dodson 1. NAMI – Kris Gamm-Smith - link to website 2. Illinois Warm Line - Trenda Hedges – link to website 3. Gift of Voice – AJ French – link to website 4. Chestnut Health Systems – Julie Bruegger – link to website 5. Centerstone – Jenna Farmer-Brackett – link to website 6. Call for Help – the Living Room – John Wuest – link to website 7. Comprehensive Behavioral Health Center – Sandra Collier – link to website	Location: Main Conference Zoom Room Further information on these resources can also be located in the resource section
11:20 – 11:30 AM	Break	Location: Main Conference Zoom Room
11:30 – 12:25 PM	Break Out Sessions	Location: Breakout Rooms , links included in the next section (or use the link to the left)
12:25 – 12:30PM	Closing Ceremonies <i>Evaluation for CEU credit/certificate needs completed by 9/14/20</i>	Location: Main Conference Zoom Room

Breakout Sessions – Please pick one and join 😊

[Click the Room below to join training](#)

11:30AM – 12:25 PM

A. Preventing Suicide through Connections: System Change & Collaborative Safety Planning (Presented by Dr. Alex Karydi)

- Suicide rates, research, culture and language. Tools and educational opportunities through introduction of the ICARE2E, Safe-Side, and Stanley Brown Safety Plan. Determining risk severity and immediacy.

[Room A](#)

If needed: (312) 626-6799
Meeting ID: 976 1513 7375

B. Work-Life Balance: Wellness and Well-Being (Employer/Business/EAP Focused Session) (Presented by Dr. John Gaal; moderated by Susanne Ringhausen and Nick Dodson)

- Impact on workforce, bottom line, increase productivity by addressing mental health on the job site, why be concerned, access to behavioral health services

[Room B](#)

If needed: (312) 626-6799
Meeting ID: 969 9551 6942

C. Healing and Resilience: Suicide Among College Student Populations (Presented by Dr. Courtney R. Boddie, PhD, LCPC, LPC, NCC and Lisa Thompson-Gibson, MA, LPC)

- Prevalence, vulnerabilities of college student population, How to help others and yourself, Accessing Resources, normalization and Hope, accessing supportive resources, self-advocacy

[Room C](#)

If needed: (312) 626-6799
Meeting ID: 938 9990 9386

D. Community S.A.V.E and Veteran's Crisis Program and Response (Presented by Herbert Lomax Jr, LCSW and Bradley Lavite, MA, VSO)

- Identifying a veteran at risk, assisting a veteran at risk, how to address a crisis situation. Overview of Madison Co, IL Veterans Crisis & Response, Tools for First Responders.

[Room D](#)

If needed: (312) 626-6799
Meeting ID: 952 3823 9046

E. QPR – Question, Persuade, Refer: Suicide Prevention Training for Anyone (Presented by Dianna Glenn-Cuddeback, LCSW, CCTP, Certified QPR)

- The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. Recognize myths surrounding suicide and behavioral signs of risk, learn resources for intervention.

[Room E](#)

If needed: (312) 626-6799
Meeting ID: 985 3184 5743

F. Autism Spectrum Disorder: Understanding Suicide Risks (Presented by Anne V Kirby, PHD, OTR/L)

- Participants will understand the current evidence about various factors contributing to suicidal behavior among individuals on the autism spectrum and ways to apply current knowledge into community and clinical settings.

[Room F](#)

If needed: (312) 626-6799
Meeting ID: 933 5935 0958

Please kindly rejoin the main conference room by clicking the link following this message. We plan to do closing remarks and final messages in the main conference room. Thank You!

[Join Main Conference Room Here](#)

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Resources

Please click the links below for more information, support, and resources:

American Foundation for Suicide Prevention	Autism Speaks	Call for Help: Living Room Program	Centerstone
Chestnut Health Systems	Comprehensive Behavioral Health Center	Crisis Text Line	Gift of Voice
Heartlinks Grief Center	Illinois Warm Line	Jason Foundation (youth)	NAMI
OSF Healthcare	QPR (Question, Persuade, Refer)	SIUe Counseling Services	Suicide Prevention Lifeline
Suicide Prevention Resource Center	The Trevor Project	United Way	Veterans' Assistance Commission

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Handouts

All of the handouts and resources from this conference are available on the SIUE website and can be accessed through this link: [Click Here for Resources/Handouts from this Conference](#)

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CEUs

Continuing Education Units (CEUs) are available and made possible by OSF Healthcare. For this conference, nursing CEUs offered are 3.8 hours and LCSW/LCPC CEUs available are 3.5 hours. In order to receive a certificate for CEUs you must complete:

1. Pre-test (prior to the training start at 8:30am) - [Pre-Test Link](#)
2. Post Test (completed by 9/14/20) - [Post-Test Link](#)
3. Evaluation (completed by 9/14/20) - [Click here to complete the CEU Evaluation](#)

We would greatly appreciate it if you would also complete the general feedback/evaluation form as well 😊

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Feedback/Evaluation

We want to hear from you! Please use this link to complete the general evaluation form by 9/14/20 to leave us feedback about the conference! (If you completed this as part of the CEU process, no need to complete again 😊)

- [Click here to complete the general evaluation](#)

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Conference Committee Team

[Diana Cuddeback](#)

Heartlinks Director;
Heartlinks Grief Center



[Jenna Farmer-Brackett](#)

Clinical Excellence
Manager; Centerstone



[Susanne Ringhausen](#)

Manager;
OSF Healthcare



[Tom Johnson](#)

Community
Volunteer



[Nick Dodson](#)

AFL-CIO Labor Liaison – Labor
Engagement; United Way



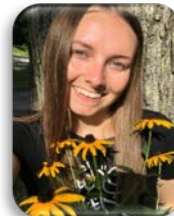
[Lisa Thompson-Gibson](#)

Counselor & Coordinator for
Outreach & Prevention Initiatives
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[Aly Siglock](#)

MPH Student at SIUE;
ESG President



[Connie Kissner](#)

Clinical Education
Specialist; OSF Healthcare



[Cindy Cobetto](#)

Education
Outreach; SIUE



[Rachel C. Newsome](#)

Media
Extraordinaire!



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Thank you!

The list of people and agencies to say, “thank you” to is rather long and if we missed anyone, our sincerest of apologies!

To the following agencies provided funding for this conference:

- Madison County Mental Health Board
- St. Clair County Mental Health Board
- American Foundation for Suicide Prevention

The following agency provided the Continuing Education Credits for this conference:

- OSF Healthcare

The following sponsor put in endless amounts of work to get this conference shifted over to Zoom and to keep things on track:

- Southern Illinois University Edwardsville; specially the Office of Online and Education Outreach

To Aly Siglock and Chelsie Zajac for the creation of the conference logos and emblems, which put the focus on what we can do to save a life!

To all our speakers, panelists and breakout session hosts, without you all this conference would have been impossible. You all provided your time, energy and expertise to support all of us in having lifesaving knowledge to impact our communities!

To the respective employers, families, and pets of our committee members which believed in our goal to offer an informative conference to our communities and gave us time and space to do the work!

And finally to all of you – for giving us your time so that you might hear more about resources and discussion around suicide so that you all can go forward and have an IMPACT!

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