

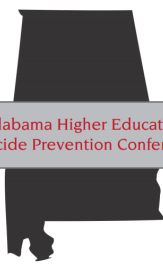
ALABAMA HIGHER EDUCATION SUICIDE PREVENTION CONFERENCE

TROY SUICIDE PREVENTION COALITION



September 13, 2019
Troy University, Montgomery, AL

Alabama Higher Education
Suicide Prevention Conference



Troy Suicide Prevention Coalition at Montgomery and Phenix City Campuses

Website: www.mhrsp.org

Contact: troysuicidepreventionprograms@gmail.com

Co-Sponsors:

Troy University's Rehabilitation Counselor Education Grants
Troy University College of Education

Exhibitors



Website: mh.alabama.gov
24/7 Helpline: 844-307-1760



ASPARC
ALABAMA SUICIDE
PREVENTION AND
RESOURCES COALITION

info@asparc.org; 205-677-6116
Contact: Katie Beaugez, Grant
Coordinator



Website: alabamapublichealth.gov
Suicide Prevention Hotline:
1-800-273-TALK (8255)



website: www.namialabama.org
334-396-4797

Tuskegee University Active Minds
Mental Health Support/Advocacy for College Students

C.H.A.N.G.E.
Education, Mentoring, Resources

AT A GLANCE

8:00 AM

Registration
Lobby/Rosa Parks Musuem

8:30 - 9:30 AM

Welcome and Keynote
Rosa Parks Auditorium

9:40 - 11:30 AM

Morning Breakout Sessions 1 and 2
Rosa Parks Auditorium, Room 117,
Room 327

11:40 - 12:50 PM

Lunch
Civic Room and Tines Alley
Whitley Hall

1:00 - 5:00 PM

Afternoon Breakout Sessions 3-6
Rosa Parks Auditorium, Room 117,
Room 327

Breakroom: Rosa Parks 303

13 SEPTEMBER 2019 · TROY UNIVERSITY

Welcome

A dark gray silhouette of the state of Alabama is centered on the page. A light gray rectangular box is superimposed over the middle of the silhouette, containing the text "Alabama Higher Education Suicide Prevention Conference" in red.

Alabama Higher Education
Suicide Prevention Conference

Greetings to you from the Troy University Suicide Prevention Coalition at Montgomery and Phenix City Campuses! Welcome to the Inaugural 2019 Alabama Higher Education Suicide Prevention Conference, co-sponsored by Troy University's Rehabilitation Counselor Education Grants and Troy University College of Education.

This conference is an opportunity to share ideas and increase your knowledge of best practices as it relates to the promotion of help-seeking behaviors, student wellness and reduction of the risk of suicide behaviors on our campuses and in our communities.

Keynote Speaker

Andrew Onimus Minding Your Mind



Andrew had it all entering his senior year at Muhlenberg College. He was a starting defensive back for the football team, named captain of the track and field team, and already had a full-time position upon graduation with a large accounting firm in Philadelphia. However, an injury in the first game of the season and increasing pressure to perform caused drastic changes for him. Andrew lost his identity and began deeply struggling. His issues started with insomnia and concentrating in class and on the field. This led him to spiral into a deep, lonely hole. Andrew hid his struggles from family and friends as he pretended that everything was fine, until he experienced suicidal ideations and reached a point where he desperately needed help. After a visit to the ER, he was diagnosed with major clinical depression and severe anxiety, which was extremely difficult for him to accept.

With a strong support group behind him, Andrew and his family began taking the needed steps toward recovery. He took medication for his depression and anxiety and began both psychotherapy and cognitive behavioral therapy. It was difficult at first, but over time Andrew began to see a light at the end of the tunnel. He turned to exercise and positive coping skills to work through his inner anger and pain. As his life started to gradually improve; Andrew shared his story in spring of 2014 with many of his teammates, classmates, and friends in the hopes that it would help someone else. The overwhelmingly positive feedback he received inspired him to continue talking about mental health. Andrew's goal in working with Minding Your Mind is to help reduce the stigma surrounding mental health issues, and help others who may be suffering to know that they are not alone and that it gets better.

Schedule

Welcome and Keynote Speaker

08:30 am - 09:30 am Auditorium

Andrew Onimus, Minding Your Mind

Session 1

Breakout Session 1.A 9:40-10:30 am Room 327

A Randomized Controlled Trial of the Alliance Project Gatekeeper Training Program

Breakout Session 1.B 9:40-10:30 am Room 117

Substance Use and Suicide: Overlapping Protective and Risk Factors

Breakout Session 1.C 9:40-10:30 am Auditorium

Suicide Ideations /Self-Harming Prevention in Students Who are Seeking Higher Education

Session 2

Breakout Session 2.A 10:40-11:30 am Auditorium

Where is Suicidality in the DSM 1-5?

Breakout Session 2.B 10:40-11:30 am Room 117

13 Reason Why: A Mental Health Perspective on the Glamorization of Suicide

Session 3

Breakout Session 3.A 1:00-1:50 pm Room 327

Extracurricular Activities: Associations with College Student Wellness and Suicide Risk

Breakout Session 3.B 1:00-1:50 pm Auditorium

Understanding Clinical Fear, and Using CBT to Work with Suicidal Clients

Breakout Session 3.C 1:00-1:50 pm Room 117

A Model for Assessing, Identifying, and Supporting Students at Risk for Suicidality

Session 4

Breakout Session 4.A 2:00-2:50 pm Room 117

Do You Know What is Lurking Behind the Scenes of Many High Schools?

Breakout Session 4.B 2:00-2:50 pm Auditorium

Development of a Community Based Suicide Prevention Program Utilizing the RAND Program Model

Breakout Session 4.C 2:00-2:50 pm Room 327

Active Minds at Tuskegee University: An Essential Component in Higher Education Suicide Prevention

Schedule

Session 5

Breakout Session 5.A 3:00-3:50 pm Auditorium

Student Veterans Suicide Risk and Engagement with Campus Prevention Efforts and Counseling

Breakout Session 5.B 3:00-3:50 pm Room 117

Mitigating Compassion Fatigue and Vicarious Trauma in Counselors Treating High Risk Suicidal Clients

Session 6

Breakout Session 6.A 4:00-4:50 pm Room 327

Meaning-Making Moderates the Relation of Exposure to Suicidal Behavior and Suicidal Ideation

Breakout Session 6.B 4:00-4:50 pm Room 117

Designing College Interventions to Reduce Suicide and Destigmatize Help-Seeking Behaviors

Content Sessions

Session 1

9:40 am-10:30 am

Breakout Session 1.A

Rosa Parks Room 327

A Randomized Controlled Trial of the Alliance Project Gatekeeper Training Program

Phillip Smith, PhD, Associate Professor, University of South Alabama

Laura Marie, M.Ed., NCC, Graduate Student, University of South Alabama

Natasha Basu, MA, Clinical Psychology, University of South Alabama

Kaitlyn Rita Schuler, MA, Doctoral Student, University of South Alabama

Suicide prevention gatekeeper trainings are widely used as primary prevention techniques. The current study examined the Alliance Project Gatekeeper Training (APGT). The training was compared to an informational workshop on suicide with 68 undergraduates. The APGT was superior in increasing intentions to intervene from pre- to post-training, but effects declined over the 3 to 6 month follow-up. Discussions will highlight APGT in relation to other gatekeeper models and implications for research and prevention.

Breakout Session 1.B

Rosa Parks Room 117

Substance Use and Suicide: Overlapping Protective and Risk Factors

Zach Ludwig, LPC, Director of Clinical Record Logistics and Continuing Education

The purpose of this presentation is to explore multiple characteristics of suicide and the intersectionality of substance use and suicide. Substance use and suicide are both increasing in frequency and in the amount of attention being paid to these circumstances by communities and helpers, yet we still face an immense challenge in responding proactively to both health crises. Mental illness and substance use have historically existed in separate spheres and responsive services are better today at looking at the holistic picture in the treatment of substance use disorder and other co-occurring conditions. This presentation will reinforce these principles and provide review of interventions for both substance use disorders and suicidal behaviors.

Breakout Session 1.C

Rosa Parks Auditorium

Suicide Ideations /Self-Harming Prevention in Students Who are Seeking Higher Education

La Keicia Boyd, Ed.S., LPC, Troy University

Self-harm and suicide are major public health problems in college students, with rates of self-harm being high and suicide being the common cause of death in these students through the world. There are significant contributors to self-harm and suicide to include genetic vulnerability, psychiatric, psychological, familial, substance use, social, medical, mental disorders, confinement, media, internet, contagion, cultural, life events, and along with other factors. This presentation will discuss risk and

Content Sessions

preventive factors and the effects of self-harm and suicide. Ethical prevention initiatives and the establishment of effective evidence based treatments that are aimed at treating those who self-harm and particularly at high risk for suicide.

Session 2

10:40 am - 11:30 am

Breakout Session 2.A

Rosa Parks Auditorium

Where is Suicidality in the *DSM 1-5*?

Meg Milligan, PhD, Counseling Psychology, Licensed Psychologist, Associate Professor of Psychology, Troy University

The purpose of this session is to increase knowledge about the interface between mental health diagnosis and suicidality by examining the history of suicide in the Diagnostic and Statistical Manual of Mental Disorders (*DSM*) classification system, *DSM-I* through *DSM-5*, and its embedded cultural contexts. This is relevant for diagnosticians, faculty, and student training. Delivery is lecture, discussion, and interactive debate about inclusion of Suicide Behavior in the next *DSM*.

Breakout Session 2.B

Rosa Parks Room 117

13 Reason Why: A Mental Health Perspective on the Glamorization of Suicide

Sergio Washington, MS, Clinical Mental Health Counseling, Doctoral Student, Argosy University

Felicia Pressley, PhD, LPC, ACS, Assistant Professor, The Chicago School of Professional Psychology

Suicide is a complex phenomenon, thus, the prevention of it needs to be tailored accordingly. Prevention can occur on both the individual and societal level, with the most effective strategies being a combination of efforts. This session will examine the glorification depicted in the *13 Reasons Why* series and draw together key evidence, resources and group discussions as an opportunity to provide feedback on the resources communities need to support their youth.

Content Sessions

Session 3

1:00 pm - 1:50 pm

Breakout Session 3.A

Rosa Parks Room 327

Extracurricular Activities: Associations With College Student Wellness and Suicide Risk

Laura Marie, M.Ed, NCC, Graduate Student, University of South Alabama

Phillip N. Smith, PhD, Associate Professor, University of South Alabama

Cognitive, emotional, and social demands make the transition into college stressful and may increase risk for mental health issues that affect academic performance and individual development, as well as suicide risk. This presentation explores the relationship between extracurricular activities, psychosocial functioning, and suicide risk in college students. Understanding the impact of extracurricular involvement on student wellness can inform approaches to health promotion on college campuses.

Breakout Session 3.B

Rosa Parks Auditorium

Understanding Clinical Fear, and Using CBT to Work with Suicidal Clients

Jessica Tyler, PhD, LPC-S, NCC, Assistant Clinical Professor, Auburn University

Dixie Powers, PhD, LPC, NCC, Clinical Therapist, Lagrange College

Working with suicidal clients can be anxiety-provoking and stressful. With doubt about competence and ethical concerns high, treatment of this population can be a complicated and isolating process. With a framework to understand suicide desire and behavior integrated with CBT strategies, clinicians can feel increased competence to treat high-risk clients. This program addresses clinician fears about working with suicidal clients and long-term treatment strategies beyond risk-reduction.

Breakout Session 3.C

Rosa Parks Room 117

A Model for Assessing, Identifying, and Supporting Students at Risk for Suicidality

Danita Stapleton, EdD, LPC-S, CRC, NCC, Chair of Department of Rehabilitation Studies

Carmela Drake, PhD, LPC, CAADP, ACGC-III, Assistant Professor

Chris Johns, M.Ed, LPC, Director of Counseling Services

Yvette Hester, BS, Council on Substance Abuse, MRC Graduate Student

Shereda Finch, M.Ed, Executive Director, Council on Substance Abuse

Alabama State University

This presentation will introduce a conceptual model of programming being implemented on the campus of ASU through the Counseling Services Center in partnership with local community,

Content Sessions

agencies, such as the Council on Substance Abuse-NCADD (COSA-NCADD). This presentation will also highlight strategies developed to promote positive mental health by increasing awareness of help-seeking behaviors and reducing the stigma associated with mental illness and substance abuse.

Session 4

2:00 pm - 2:50 pm

Breakout Session 4.A

Rosa Parks Room 117

Do You Know What is Lurking Behind the Scenes of Many High Schools?

Mary Sewell, Masters of Social Work Student, BS, Social Work, Troy University

Meg Milligan, PhD, Associate Professor of Psychology, Troy University

The purpose of this session is to increase knowledge about suicide among African American teens, including warning signs in general, risk factors specific to African American teens, how to facilitate a conversation, how to develop a plan of action for prevention and intervention, as well as a presenter's personal experience. This session will include sharing of handouts and interactive discussions.

Breakout Session 4.B

Rosa Parks Auditorium

Development of a Community Based Suicide Prevention Program Utilizing the RAND Program Model

Joel Fairbanks, PhD, Clinical Psychology, Troy University

Rachelle Burns, MA, Marriage and Family, EscaRosa Suicide Prevention Coalition

This presentation will discuss how the EscaRosa Suicide Prevention Coalition utilized the RAND Suicide Prevention Program model to assess our community's specific populations and develop a Suicide Prevention Program (SPP). The presentation will help participants identify core components of a SPP by identifying the following: community specific variables, resources, program activities, intended population and outcomes, accommodating the needs of the community, and methods of program assessment.

Content Sessions

Breakout Session 4.C

Rosa Parks Room 327

Active Minds at Tuskegee University: An Essential Component in Higher Education Suicide Prevention

Montessa Mitchell, IBS PhD Fellow, Tuskegee University

A. Deloris Alexander, PhD, Department Head of IBS Program, Tuskegee University

Active Minds at Tuskegee University is in a unique position to raise awareness and decrease risk by implementing preventative measures to strengthen existing infrastructure. The University has already implemented mental health forums to gather data on mental health obstacles for Historical Black College and University (HBCU) students and ideas for decreasing stress. Active minds allows us to have a student-led organization in place to approach the subject of mental health as peers and employ innovative ideas to support, receive input from, and educate higher education students concerning mental health, increasing other institutions' ability to recognize and respond to students of higher education's mental health needs. This presentation will educate other professionals about innovative solutions concerning mental health in higher education and share infrastructure pitfalls and how peer-to-peer discussions can help resolve them. This presentation will also share how having a student-led and faculty-supported program can help bridge the gap between students and professors.

Session 5

3:00 pm - 3:50 pm

Breakout Session 5.A

Rosa Parks Auditorium

Student Veterans Suicide Risk and Engagement with Campus Prevention Efforts and Counseling

Kaitlyn Schuler, MA, Doctoral Student

Phillip Smith, PhD, Associate Professor

Laura Marie, M.Ed, Counseling Psychology, Graduate Student

Natasha Basu, MA, Clinical Psychology, University of South Alabama

In response to a rise in veteran suicide rates, universities must identify veterans at risk of suicide and evaluate their engagement with campus suicide prevention efforts and counseling. Participants were 82 student veterans and service members enrolled at a mid-sized southeastern university. We used the Suicide Behavior Questionnaire-Revised, the Patient Health Questionnaire, the Post-Traumatic Stress Disorder Checklist, questions about service use, and conducted binary logistic regression.

Content Sessions

Breakout Session 5.B

Rosa Parks Room 117

Mitigating Compassion Fatigue and Vicarious Trauma in Counselors Treating High Risk Suicidal Clients

Yulanda Tyre, PhD, Counselor Education, Associate Professor, Liberty University

Paige Zeigler, Doctoral Student, Walden University, SACES Emerging Leader 2018-2020

Counseling is an emotionally demanding profession, this can be especially so when working with high-risk students. The purpose of this session is to raise awareness to the risks of compassion fatigue and vicarious trauma while working with high risk suicidal students, and educate counselors on the signs and symptoms of suicide risk, as well as the treatment and prevention of compassion fatigue and vicarious trauma while working with high-risk suicidal students.

Session 6

4:00 pm - 4:50 pm

Breakout Session 6.A

Rosa Parks Room 327

Meaning-Making Moderates the Relation of Exposure to Suicidal Behavior and Suicidal Ideation

Natasha Basu, MA, Clinical Psychology

Laura Marie, M.Ed, NCC, Graduate Student

Kaitlyn R. Schuler, MA, Doctoral Student

Phillip Smith, PhD, Associate Professor, University of South Alabama

An increase in risk for suicidal behavior is reported in people bereaved due to suicide. People create frameworks to form personal agency (meaning-making; MM). MM was found to reduce suicidal ideation (SI) in clinical interventions. 709 undergraduates were surveyed at a southeastern university. Results showed that MM acts as a buffer for SI. The study underlies the need for interventions directed at MM. The study addresses conference aims by increasing knowledge of suicide risk factors.

Content Sessions

Breakout Session 6.B

Rosa Parks Room 117

Designing College Interventions to Reduce Suicide and Destigmatize Help-Seeking Behaviors

Jamie O'Bryant, PhD, Psychology, Assistant Professor, Spring Hill College

Mary-Claire Marshall, LMFT, University of Mobile

We conducted a one-year, suicide prevention program at a small liberal arts college that involved the use of four distinct interventions that were holistic in nature and designed to increase knowledge about suicide, improve help-seeking behavior, and provide direct support to faculty and students. We will discuss the effectiveness of each intervention, followed by an interactive discussion on design, funding, and resources for educators seeking to implement and evaluate similar interventions.

Professional Development Hours for the 2019 Alabama Higher Education Suicide Prevention Conference



The Troy University Department of Counseling, Rehabilitation, and Interpreter Training has been approved by NBCC as an Approved Continuing Education Provider, ACEP #4223. The Troy University Department of Counseling, Rehabilitation, and Interpreter Training is solely responsible for all aspects of this program.

You are responsible for signing in to the conference, the keynote, and each of the breakout sessions that you attend. If you purchased continuing education at the time of registration for this conference, you will also be sent a link to indicate which sessions you attended. This information should match the sign-in sheets.

Once the conference is complete you will be sent a link to complete the conference CEU Form. Upon completing this form, you will receive a certificate for the number of hours you attended.

CEU Certificates will be emailed no later than December 31, 2019. You may earn as many as 6 clock hours for the total conference. Requests received after December 31, 2019 will cost an additional \$15.00. Replacement certificates will be an additional \$10.00. Presenters may not receive NBCC hours credit for their own presentations.

Certificates of Attendance will be available on site.

Additional Notes

Wifi Access: Troy University Guest

Evaluations

Thank you for your participation in the 2019 Alabama Higher Education Suicide Prevention Conference. In order to continually improve the conference and provide you with beneficial experiences, we ask that you complete the Conference Evaluation Form.

The evaluation form can be completed at the following link:

https://troy.co1.qualtrics.com/jfe/form/SV_ezzy1x0rDv8Ks85

About Us

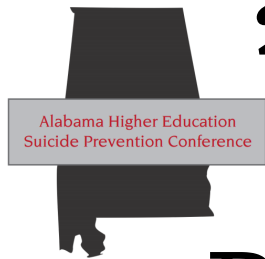


This coalition is meant to provide education and raise awareness of suicide prevention and intervention, create community conversations and action, and to provide an umbrella of local community resources, as well as national resources in an effort to prevent suicide. The Trojan Suicide Prevention Program is a joint effort by Troy University Faculty and a funded Alabama Higher Education Suicide Prevention Grant (awarded by the Alabama Department of Public Health) to increase awareness, education, and prevention of suicide. Drs. Kanessa Miller Doss, Sherrionda Crawford, and Shelley Reed coordinate and facilitate this program.

Contact: troysuicidepreventionprograms@gmail.com



Save the Date!!



2020 Alabama Higher Education Suicide Prevention Conference

Follow us at www.mhrsp.org

September 10, 2020
Troy University
Montgomery, AL



