Western States Conference on Suicide
Fighting Suicide Upstream & Down

Boise State University
June 23 & 24

www.WSCOS.org
infoWSCOS@gmail.com

<table>
<thead>
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<th>Conference</th>
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| 3rd Annual Conference
Formerly "Zero Suicide Inland Northwest" at Gonzaga University
Free CEUs & CMEs avail.
PD also avail. for educators | Kevin Hines
Dr. David Rudd
Dr. David Sheehan
Multi State Panel
And more! | - Mental Health First Aid
- Youth Mental Health First Aid
- The Assessment & Management of Suicide Risk |
Welcome to Boise, Idaho and the 3rd Annual Western States Conference on Suicide. In response to an epidemic of suicide among our youth, veterans and other groups, we came to recognize that to fix it, we first have to talk about it — all of us, as a community, along with our community leaders. Thus began the annual community conferences on suicide.

Thank you for attending today. Formerly, this conference was known as Zero Suicide Inland Northwest Conference, hosted at Gonzaga University. The goal of moving the conference to Boise is to open up access to more of our western state partners based on the tremendous success of the past two conferences.

The fact that you are all here and an agenda that opens up a broader reach for education and training will impact our communities immensely. It is also important to know that geographically we are able to reach more of our American Indian population and for this we are very proud. The planning committee would like to thank Marny Lombard for her leadership to develop this conference with many other partners and participants. Without Marny’s vision this conference would not be what it is today.

Suicide is a major health crisis throughout the Western United States, with significantly higher rates than in other areas of the USy for a number of reasons. These include the rural nature of the West, a significant lack of mental health access, health care funding and reimbursements, a culture of honor status (pull yourself up by the bootstraps), access to lethal means (firearms and medications), and stigma around suicide and mental illness that extends into our health care systems.

As we have done in prior years, we will welcome our neighboring states as a Northwest Regional Conference of distinction: Washington, Idaho, Montana, Oregon, Nevada, Utah and Wyoming. Through today’s conference, sponsored by the College of Health Sciences at Boise State University, we aim to provide updates about suicide prevention efforts and other measures. Participants will leave the conference with a better knowledge of how they affect prevention, what “Zero Suicide” means, models of success and resiliency, and how each of us can implement facets from the conference into our own lives and professions.

We hope you will take time to enjoy Boise, to meet new people, and carry the vision and messages presented at this conference back to your own communities. Together we will reduce suicide rates in our Western States Region.

Sincerely,
WSCOS Planning Committee
Thank You

Let's Give Some Love To Our Conference Sponsors
The organizers of the Western States Conference on Suicide are deeply grateful to every one of our sponsors. THANK YOU! We applaud your generosity and vision.

Protectors, Guardians, & Champions of Hope

Vendors & Donors

Idaho Suicide Prevention Hotline | Idaho Behavioral Health Inc. | Mental Health Trainings of Idaho

www.WSCOS.org | Suicide Prevention Lifeline 1-800-273-TALK (8255)
Conference Agenda
Friday, June 23 | Boise State University

07:30 am Registration and Check-In Opens – Level 2 Hallway

09:00 am Opening Ceremony and Remarks – Jordan Ballroom
Charlotte Rodrigue, Burns Paiute Tribe of Oregon, former Chairwoman

09:30 am Plenary 1 – Jordan Ballroom
Zero Suicide in Texas: Creating a Statewide Suicide Safer Care System
Jenna Heise MA, BC-DMT, NCC
Texas State Suicide Prevention Coordinator

10:15 am Plenary 2 – Jordan Ballroom
The Assessment and Pharmacological Treatment of Suicidality
Dr. David Sheehan, MD, MBA
Distinguished Health Professor Emeritus at University of South Florida College of Medicine

11:00 am Break

11:15 am Breakout I – Jordan Ballroom
Oregon Leadership on Postvention and Death Reporting
Ann Kirkwood, MA - Suicide Prevention and Intervention Coordinator Division of Addiction and Mental Health

11:15 am Breakout II – Hatch Ballroom
SAMSHA’s Strategic Support for Suicide Prevention
David A. Dickinson, MA – Regional Administrator, SAMSHA Region X

12:00 pm Breakout I – Jordan Ballroom
Emergency Rooms and Suicide: Best Outcomes for Suicidal Patients from Intake to Follow-Up
Dr. Carrie Holliday, PhD, ARNP - Clinical Professor at Washington State University

12:00 pm Breakout II – Hatch Ballroom
A Review of Utah’s Approach to Successful Suicide Prevention: Schools and Legislation
Dr. Gregory Hudnall: Founder Hope4Utah & Utah State Representative Steve Eliason

12:45 pm Lunch Break

1:30 pm Plenary 3 – Jordan Ballroom
Challenges, Barriers and Success: A Multi State Panel Interactive Discussion
www.WSCOS.org | Suicide Prevention Lifeline 1-800-273-TALK (8255)
Dee Sarton of KTVB - Moderator

2:30 pm Break

2:45 pm Breakout I – Jordan Ballroom
*Finding Hope from the Inside Out for American Indians: The Emerging Best Practices in Suicide Prevention and Why They Work*
Iris PrettyPaint, Ph.D., Vice President for Indigenous Knowledge Transfer, Kauffman and Associates, Inc.

2:45 pm Breakout II – Hatch Ballroom
(1 Ethics CEU available for this session)
*The Intersection of Behavioral Health Science and the Law – A Collision of Ethics and Paradigms*
Hon. Jack Varin, Retired Magistrate Judge and John Reusser, LCSW Executive Director
Idaho Suicide Prevention Hotline

3:50 pm Plenary 4 – Jordan Ballroom
*Keynote Speaker: The Kevin Hines Story*
Mr. Kevin Hines: Suicide Survivor, Activist, Storyteller, Filmmaker

4:50 pm Closing – Jordan Ballroom
Arnold Thomas, MSW, Shoshone-Paiute Tribes of the Duck Valley Reservation, Councilman, Chaplain and Pastoral Counselor

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**Training Day Agenda**

Saturday, June 24 | Boise State University
Concurrent Sessions on Registration Basis

**I: Mental Health First Aid, 8:00 am – 5:00 pm** – Hatch Ballroom
Mental Health First Aid (MHFA) is a public education program that teaches the skills needed to identify, understand, and respond to signs of behavioral health challenges or crises. First Aid is given until appropriate supports are received. “Know the Signs. Learn the Actions. Be a Lifeline.”
- Adult MHFA: 30-person capacity
- Youth MHFA: 30-person capacity

**II: Clinical Training, 9:00 am – 4:30 pm** – Jordan Ballroom
Dr. M. David Rudd: President of the University Of Memphis and Distinguished University Professor of Psychology, he also continues funded research, along with his affiliation with the National Center for Veterans Studies at the University of Utah, as co-founder and scientific director.
Map – Boise State Student Union

Second Floor
- Ah Fong Room
- Alexander Room
- Art Gallery
- Barnwell Room
- Bergquist Lounge
- Boyington Room
- Brink Room
- Cataldo Room
- Chief Joseph Room
- Farnsworth Room
- Fisher Room

Foote Room
- Hatch Ballroom
- International Student Services
- Jordan Ballroom
- Multicultural Student Services
- Shipman Room
- Simplot Ballroom
- Student Diversity Center
- Student Involvement & Leadership Center
- Student Union Administration
- Trueblood Room
- Women's Center

Third Floor
- Lookout Room

Restrooms
- Elevators
- Stairs
- Lactation
Suicidality may be a group of separate Axis I disorders, needing separate pharmacologic treatments. A classification of suicidality disorders will be presented. These revisions in our understanding of suicidality have led to calls for more sophisticated methods of assessment of suicide, the need for a phenotypic classification of suicide disorders, and improved and more targeted anti-suicidal medication treatments. It has resulted in the development of new assessment interviews and scales to capture these domains of suicidality with greater precision and reproducibility.

David V. Sheehan, M.D., M.B.A. is Distinguished University Health Professor Emeritus at the University of South Florida College of Medicine. He was Professor of Psychiatry, Director of Psychiatric Research and Director of the Depression and Anxiety Disorders Research Institute at the University of South Florida College of Medicine and Professor of Psychology at the University of South Florida College of Arts and Sciences. He completed his residency training in psychiatry at Massachusetts General Hospital and Harvard Medical School. At Harvard Medical School, where he was Assistant Professor of Psychiatry, he was on the full-time faculty for 12 1/2 years. He was the Director of Anxiety Research and Director of the Psychosomatic Medicine Clinic at Massachusetts General Hospital. Dr. Sheehan has been invited to give over 2000 lectures in 69 countries throughout the world on anxiety and mood disorders, suicidality, measurement based care, psychopharmacology and biological psychiatry.

Jennifer M. Giddens is the co-founder and co-director of the Harm Research Institute and of Harm Research Press. In the six years since founding the Tampa Center for Research on Suicidality, Jennifer's research focus has been to better understand suicidality phenomena and other harm-related conditions. Jennifer is the editor of the Science of Suicidality (SOS), a publication of Harm Research Press, which highlights advances in suicidality research. With over 25 years of experience, Jennifer is currently serving as a patient advocate for those with suicidality.

Oregon Leadership on Postvention and Death Reporting

Ann Kirkwood, MA, Suicide Prevention and Intervention Coordinator Division of Addiction and Mental Health

Jordan Ballroom

The speaker will discuss the legislative history and implementation of the Oregon Youth Suicide Intervention and Prevention Plan and for postvention planning and suicide death reporting. Results of community postvention protocol development and death reporting will be addressed.

Ann Kirkwood is the Youth Suicide Intervention Coordinator for the Oregon Health Authority (OHA). She was responsible for developing Oregon's legislatively
mandated Youth Suicide Intervention and Prevention Plan (2016-2020) and its implementation. She is charged with implementing the 2015 Oregon law (SB 561) requiring Community Mental Health Programs to report suicide deaths to OHA.

**SAMSHA’s Strategic Support for Suicide Prevention**

**David A. Dickinson, MA, Regional Administrator, SAMSHA Region X**

_Hatch Ballroom_

This session will provide national and state-level data on suicide prevalence, and an overview of SAMHSA’s strategic policy and funding that supports States’ and Tribes’ suicide prevention efforts. Some examples of specific suicide prevention initiatives from within the Western States will be presented.

**David A. Dickinson,** MA, SAMHSA Regional Administrator for Department of Health and Human Services Region X. He has 40 years’ experience in the field of behavioral health, working in clinical service delivery as a counselor, program manager, and agency director, as well as serving in leadership positions in State government in Kansas and Washington. His clinical career also included service delivery in California, Colorado, and Oregon.

**Emergency Rooms & Suicide: Best Outcomes for Suicidal Patients from Intake to Follow-Up**

**Dr. Carrie Holliday, PhD, ARNP, Clinical Professor at Washington State University**

_Jordan Ballroom_

This session will cover issues related to the care of suicidal patients in emergency departments. Dr. Holliday will speak specifically to the relationship between the assessment, management, and treatment of suicidal patients, as well as current best/evidence practices.

Carrie Holliday is currently a Clinical Associate Professor at Washington State University College of Nursing. Her area of research includes a wide range of topics related to suicide including assessment, risk management and treatment, and suicide training for healthcare providers. As a psychiatric nurse practitioner, she practices in both inpatient and outpatient settings. In practice, her areas of expertise include suicide, substance use, adolescents, and working with the American Indian and Alaskan Native population.

**A Review of Utah’s Approach to Successful Suicide Prevention: Schools and Legislation**

**Dr. Gregory Hudnall: Founder Hope4Utah & Utah State Representative Steve Eliason**

_Hatch Ballroom_

Participants will hear from State Legislator Steve Eliason on how Utah has a multi-approach to suicide prevention. Dr. Hudnall will share the “hope squad” model: a school based peer to peer suicide prevention program that had helped reduce youth suicide by 20% in Utah.

Dr. Gregory A. Hudnall is a former high school principal, student service director, and associate superintendent with the Provo City School District. He has been involved with suicide prevention for the past twenty years. He is the founder of HOPE4UTAH, a non-profit grassroots organization dedicated to suicide prevention, intervention, and postvention in Utah. The school-based program, “HOPE Squads” has been responsible for over 1,000 students referred for help and is in over 200 schools.

**Rep. Steve Eliason** earned his Bachelor’s of Science in accounting and his Master’s of Business Administration from the University of Utah. He currently works as a Finance Director at the University of Utah Hospital and Clinics and lives in Sandy, Utah. He is the President of the Board of Trustees for The Road Home and Scoutmaster with the Boy Scouts of America, he is also a Republican member of the Utah House of Representatives representing District 45[2] since January 1, 2011.

**Challenges, Barriers and Success: A Multi-State Panel Interactive Discussion**


Jordon Ballroom

Kim Kane, MPA is the Program Manager for the Suicide Prevention Program in the Idaho Department of Health and Welfare’s Division of Public Health. Before coming to IDHW, Kim was the Program Director for the Idaho Lives Project, which fosters connectedness and resilience throughout Idaho school communities to prevent youth suicide. She is a member and co-founder of the Idaho Governor’s Council on Suicide Prevention and the former Executive Director of the Suicide Prevention Action Network of Idaho (SPAN Idaho). Kim holds a Bachelor’s degree in political science, and a Master’s degree in public administration, both from Kansas State University.

Ann Kirkwood: see bio info above.

Rep. Steve Eliason: see bio info above.

**Neetha Mony**, Suicide Prevention Plan Program Manager, WA Department of Health. At the age of six years old, she moved from a third world country to California. Neetha’s journeys took her across several continents. Her nonprofit work with children, the poor, the sick, the mentally ill, and the traumatized has earned her a multi-cultural experience regarding mental health. She has a M.A. in Forensic Psychology and a Master’s in Social Work.

**Dr. Terresa Humphries-Wadsworth, Ph.D.** is the Director of Suicide Prevention at the Prevention Management Organization of Wyoming and is a licensed psychologist. 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. She has developed an innovative hospitalization diversion treatment approach for working with suicidal clients in rural communities, called Family
Centered Brief Intensive Treatment (FC-BIT). Her work has attracted the attention of the American Association of Suicidology, the Suicide Prevention Research Center, and Substance Abuse and Mental Health Services Administration.

Misty Vaughan Allen, became the Suicide Prevention Coordinator of Nevada in December 2005. She works together with local advisory groups and community coalitions, providing oversight and leadership to launch new suicide prevention programs in communities across Nevada. Ms. Allen is currently part of the Safe Schools Healthy Students Commission with the Washoe County School District. Ms. Allen graduated with her Master’s Degree in Counseling and Educational Psychology from the University of Nevada, Reno.

Finding Hope from the Inside Out for American Indians: The Emerging Best Practices in Suicide Prevention and Why They Work
Iris PrettyPaint, Ph.D., Vice President for Indigenous Knowledge Transfer, Kauffman and Associates, Inc.
Jordan Ballroom

This presentation will share some of the best practices in suicide prevention across Indian Country. The goal will be to transfer “universal” knowledge from these best practices about the spiritual connections (thought, feelings, behavior, awareness), circles of relationships (hopeful expectations) and the vision of success (healing) we hold for our children, families, and communities.

Dr. PrettyPaint has 35 years of experience as an educator and researcher. She is a leading authority on student retention, indigenous evaluation, and prevention with American Indian and Alaska Native (AI/AN) communities and schools. Dr. PrettyPaint serves as Vice President for indigenous knowledge transfer at Kauffman Associates, Inc. She provides administrative oversight and management for a holistic, evidence-based, strategic, cultural approach to training and technical assistance (TTA), community-based planning, implementation, data collection, data analysis, and reporting. Dr. PrettyPaint provides TTA to: tribal governments; county, state, territory, and federal agency representatives; elementary and secondary schools and post-secondary colleges and universities; public and private consumers; Indian health organizations; national organizations; researchers; evaluators; advocates; and key leadership stakeholders.

The Intersection of Behavioral Health Science and the Law – A Collision of Ethics and Paradigms
Hon. Jack Varin, Retired Magistrate Judge and John Reusser, LCSW Executive Director Idaho Suicide Prevention Hotline
Hatch Ballroom, (1 Ethics CEU available for this session)

Mental holds? Commitment? What is Parents Patriae anyway? Every case involving the restriction of an individual's rights and freedoms at the intersection of the legal and mental health systems is a nuanced legal and ethical dilemma. The session will explore issues of personal and public safety vs autonomy, the iatrogenic risk of inpatient hospitalization vs community diversion and more. The law and behavior health systems must work together to solve our most difficult social problems, yet frequently they collide on how to solve these problems. This session will discuss why these systems tend to collide, how the collisions can be avoided and most importantly, how these critical systems can become allies to solve our most intractable social problems.

Retired Magistrate Judge Jack Varin graduated from the University Of Idaho College of Business in 1968 and the University of Idaho Law School in 1971. He served as the Camas County Prosecuting Attorney for 12 years and was in private practice until his appointment to the bench in 1985. In 2007, he retired after 22 years of judicial service, the last 13 years as a juvenile court judge serving 5 south-central Idaho Counties. From 2007 to 2013 he served as a Senior Judge working with the Administrative Office of the Supreme Court. During his judicial career he served on many court and other statewide committees and commissions including several committees focusing on mental health and substance abuse and the courts involvement in these cases.

John Reusser LCSW, began his career in crisis intervention as a volunteer at the Crisis Clinic of King County in Seattle returning to Idaho to work on the Region IV IDHW Mobile Crisis Unit and in the St. Alphonsus emergency department. He is a member of the Idaho Council on Suicide Prevention, a board member of the Live wielder Foundation, Contact USA, and Radio Boise. John is also a Designated Examiner, and a Certified ASIST (Applied Suicide Intervention Skills Training) Trainer.

Keynote Speaker: The Kevin Hines Story
Mr. Kevin Hines, Suicide Survivor, Activist, Storyteller, Filmmaker
Jordan Ballroom

Kevin shares his story of hope and celebration of life. Conquering all odds, he is the perfect example that recovery is possible.

Kevin Hines is a brain/mental health advocate, award-winning global speaker, bestselling author and documentary filmmaker who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (at 19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. He is one of the most respected and admired voices of lived experience. Kevin’s story is a remarkable testament to the strength of the human spirit and a reminder for us to love the life we have.
CONTINUING EDUCATION & TRAINING
Saturday, June 24 is Training Day. Upon registration you can select sign up for CEUs & CMEs, which are provided at no cost. We are offering:

- 11.5 free CMEs and CEUs for attendance at all sessions on June 23 and Dr. Rudd's training on June 24
- 12.5 free CMEs and CEUs, pending approval, for all sessions on June 23 and Mental Health First Aid (adult/youth) on June 24
- 1 free ethics CEU will be available for counseling and social work licenses for "The Intersection of Behavioral Health Science and the Law – A Collision of Ethics and Paradigms"
- 1 PD educational credit for attendance at all sessions on June 23 and MHFA or YMHFA on June 24, through Boise State University for $60. Participants much register at www.wscos.org/training

For anyone outside the State of Idaho, we suggest that you approach your licensing board with the agenda for the conference to see if this is something that it will approve.

THE ASSESSMENT AND MANAGEMENT OF SUICIDE RISK TRAINING
Presented by M. David Rudd, PhD

Assessing and responding to suicide risk is a frequent and challenging problem regardless of clinical setting. Over the last decade there has been an emerging agreement about the core clinical competencies in suicide risk assessment and management. The workshop will provide a framework for suicide risk assessment and management grounded in a clear identification and articulation of these core clinical competencies. The workshop will cover the full spectrum of issues, but focuses on providing a clear theoretical model for understanding suicidal ideation and behavior. The primary goal of this workshop is to provide the participant with the essential tools needed to accurately assess suicide risk and manage challenging scenarios in effective fashion. Clinical demonstrations and case examples will be utilized.

Training Targets:
• Understanding the Complex Nature of Suicide Risk
• Core Competencies in Assessment and Management
• A Model for Formulating Suicide Risk
• Clinical Management Strategies
• Ethical and Legal Issues Relevant to Suicide Risk

YOUTH MENTAL HEALTH FIRST AID TRAINING
Presented by Shannon Decker, M.Ed.

Youth Mental Health First Aid is an 8 hour course designed for adults who regularly interact with young people (parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens). The course focuses on how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

MENTAL HEALTH FIRST AID TRAINING
Presented by Betsy Moynihan, RN, BBA & Jane Francis

Adult Mental Health First Aid program is an interactive session, which runs 8 hours, appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Mental Health First Aid introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. Mental Health First Aid aims to become as common as CPR/First Aid and has the potential to reduce the stigma associated with mental illness, improve mental health literacy, and empower individuals.

More YMHFA/MHFA Information: www.thespeedyfoundation.org/mental-health-first-aid
WHEREAS, the annual conference on suicide at Gonzaga University – formerly known as Zero Suicide Inland Northwest – has been re-named the Western States Conference on Suicide and has moved to Boise State University for 2017; and

WHEREAS, education and training are a core component of this conference, including national, international and regional speakers to help combat the stigma around discussing suicide and provide tools for states in the West to adopt and share; and

WHEREAS, the conference provides an opportunity for critical evidence-based training to improve skills in the identification and treatment of suicidal individuals and those with related mental health issues; and

WHEREAS, the conference offers an opportunity to share information on education, legislation and other topics pertinent to suicide prevention in the West; and

WHEREAS, in the United States, one person dies by suicide every 11.9 minutes, with 44,193 deaths by suicide in our country during 2015; and

WHEREAS, in our country, suicide is the second-leading cause of death for 15-24 year olds, and is the tenth-leading cause of death for people of all ages;

NOW, THEREFORE, I, C. L. “BUTCH” OTTER, Governor of the State of Idaho, do hereby proclaim June 23-24, 2017 to be

WESTERN STATES CONFERENCE ON SUICIDE

in Boise, Idaho.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Idaho at the Capitol in Boise on this 25th day of June in the year of our Lord two thousand and seventeen and of the Independence of the United States of America the two hundred forty-first and of the Statehood of Idaho the one hundred twenty-seventh.

C.L. “BUTCH” OTTER
GOVERNOR

____________________________________
LAWERENCE DENNEY
SECRETARY OF STATE
Words Matter

Artist Jessica Tookey

“Sticks and stones may break my bones but words will never hurt me...”

Looking back on my childhood, I realize how untrue this statement is. Why do we teach our children that words don’t matter? They DO matter! I don’t remember ANY physical pain from my childhood, but boy oh boy do I remember the emotional pains. It is rare, if possible at all, to find someone who was not teased or picked on by someone in their lifetime because of their looks or because they were “different”. This sticks with a person and can contribute to depression and/or anxiety.

In October of 2014, I began drawing my “What is Beauty” exhibit. I drew five young ladies who are not your “typical” beauty. Since then I have continued to add faces. Some of these young ladies contemplated suicide, some did not...all because they were bullied because of how they look. I have incorporated these beauties in to my “Words Matter” exhibit. This exhibit has the “What is Beauty” portraits as well as “Faces of Suicide”. These images show happy, confident people. Even though they appear happy, each one struggled with bullying or mental illness and these smiling people took their own lives. My goal with this exhibit is to get people to realize that their words could be the final push, or the saving grace, for someone who is struggling. Words can cause more pain than sticks and stones...words can kill.

Everyone dreams of having the perfect nose, or perfect lips, or bigger muscles...but you are perfect just the way you are. YOU are beautiful! The people who point out “flaws” in others are the ones who are not. A beautiful person focuses on the positive things in life; they look at the world around them and see the good instead of pointing out what they think should be better or different. You never know what a person is going through. Sometimes, people are fighting demons that you know nothing about. Your words could be the difference between life and death. Whether you are male, or female, it is up to YOU to be a beautiful person. Make a positive impact on this world instead of causing harm. I dare you to be kind.

I strive to share kindness and show the beauty that is all around and within us. I have been creating all my life, ever since I could hold a tool to make marks with. But, it wasn’t until 2014 that I felt the call to pursue art as a career and also had the idea to use my art to uplift the spirits of people. I draw and paint everything but I focus most on portraiture. With portraits, I share love by bringing light back into the lives of people who have lost loved ones. It has been said that I “capture people’s joy and light” in my drawings and paintings. With this exhibit, I am trying to help smash the stigma of mental illness so that we can move towards the end of suicide.

Why did I choose suicide? Throughout my life, I have often had thoughts that everyone would be better off if I weren’t here. In my childhood and teenage years, I even hurt myself...but never to the point that anyone noticed. Thankfully, as a child, there wasn’t anything that pushed me all the way over the edge. As an adult, those darkest times did come and I found myself sitting in the dark bathroom with a razor blade. But, by that time, I had my baby girl in the other room. I am grateful that she is a bright light that pulled me out of the darkness. You should not be embarrassed if you’ve had thoughts of suicide. Instead, own it so it can’t own you and talk to someone about it. Some of us are wired differently...that’s just the way we are! Through conversations, or art, we can heal ourselves and others.

If you need to talk, call 1-800-273-TALK (8255)

You can see the drawings of the whole exhibit at CJsHouseofArt.com.

“Sticks and stones may break my bones but words once broke my soul.”

www.WSCOS.org | Suicide Prevention Lifeline 1-800-273-TALK (8255)
### Evaluation

Please mark all that apply

- ____ I am a mental health provider
- ____ I work for a school or school district
- ____ I work with a support group
- ____ I am a survivor
- ____ I am a first responder/law enforcement
- ____ I am in the clergy
- ____ I am a military member or veteran
- ____ I am a suicide prevention volunteer
- ____ I work with older persons
- ____ I am a student
- ____ I work for a state agency
- ____ I work for a university
- ____ I am a medical professional
- ____ I work with youth age 10-24
- ____ Other ________________

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#### PLEASE EVALUATE THE FOLLOWING:

1 = Poor, 2 = Below average, 3 = Average, 4 = Above Average, 5 = Excellent

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<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
<th>Knowledge of the subject</th>
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<td>9:30</td>
<td>Plenary 1: Zero Suicide in Texas: Creating a Statewide Suicide Safer Care System</td>
<td>Jenna Heise, MA, BC-DMT, NCC Texas State Suicide Prevention Coordinator</td>
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<td>10:15</td>
<td>Plenary 2: The Assessment and Pharmacological Treatment of Suicidality</td>
<td>Dr. David Sheehan, MD, MBA Distinguished Professor Emeritus at University of South Florida College of Medicine</td>
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| 1:30 | Plenary 3 | Challenges, Barriers and Success: A Multi State Panel Interactive Discussion  
  
  **State Coordinator Representatives:**  
  Kim Kane, Idaho  
  Ann Kirkwood, Oregon  
  Rep. Steve Eliason, Utah  
  Neetha Mony, Washington  
  Teresa Humphries-Wadsworth, Wyoming | 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 |
| 2:45 | Breakout I | Finding Hope from the Inside Out for American Indians: The Emerging Best Practices in Suicide Prevention and Why They Work  
  Iris PrettyPaint, PhD., Vice President for Indigenous Knowledge Transfer, Kauffman & Associates, Inc. | 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 |
| 2:45 | Breakout II | The Intersection of Behavioral Health Science and the Law: A Collision of Ethics and Paradigms  
  **Honorable Judge Jack Varin, Retired Magistrate Judge and John Reusser, LCSW and Executive Director of the Idaho Suicide Prevention Hotline** | 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 |
| 3:45 | Plenary 4 | Keynote Speaker: The Kevin Himes Story  
  Mr. Kevin Himes: Suicide Survivor, Activist, Storyteller, Filmmaker |

**Overall Conference**  
  Registration  
  Venue  
  Catering  
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**PLEASE EVALUATE THE FOLLOWING:**  
  1= Poor,  2= Below average,  3= Average,  4= Above Average,  5= Excellent

Comments:_______________________________________________________________________________________

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*Evaluations for Saturday’s training will be handed out in those specific sessions*

Please tear out and return this evaluation to the registration desk.  
We appreciate your attendance at today’s conference!
Question for Multi-State Panel

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Conference Notes
A HEARTFELT

thank you

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