Western States Conference on Suicide
The Power of One

Monday and Tuesday, October 22 & 23, 2018
Student Union Building | Boise State University | Boise ID

Conference Agenda
Monday, October 22 | Boise State University

7:30 am Registration & Coffee & Refreshments – Level 2 Hallway

9:00 am Opening Ceremony and Remarks – Jordan Ballroom

9:30 am Plenary 1 – Jordan Ballroom DE
Together With Veterans: Collaborating to Reduce Suicide
Dr. Nathaniel Mohatt & Guest, Nan Wise
Dr. Mohatt will provide an overview of the VA’s National Strategy for Suicide Prevention, and a guest Veteran will tell their story of conducting Veteran-To-Veteran suicide prevention in rural and remote communities. Dr. Mohatt and his guest, Nan Wise, will highlight the challenges and opportunities of working in rural communities. Together With Veterans, the VA, the Western Interstate Commission for Higher Education, and rural communities collaborate and make headway to reduce suicide risk.

10:30 am Break

10:45 am Plenary 2 – Jordan Ballroom DE
Decreasing Suicide, By Every Means At Hand
Tom Mendenhall
Suicide rates in nearly every state in the U.S. have spiked by 30 percent since 1999; the one state that didn’t see a spike? Nevada, where according to the CDC, the rate actually decreased—if only by less than 1 percent. Nevada has struggled with limited mental health resources and a lack of funding, but steady progress attributed to a grassroots, “multi-pronged” push that spans across communities and organizations has emphasized training for community members and professionals who may come in contact with people who are suicidal: nurses; gun shop owners; school employees; military veterans. More than 15,000 Nevadans have been trained in suicide awareness. What can be learned from Nevada’s efforts?
11:55 am Breakout I – Jordan Ballroom DE  
**Local First Responder Panel**
Firefighter, EMT, & Police speak to the needs and resources for responding to an increase in mental health calls.
Moderator: Paul Jagosh, Boise Police Dept.
Penelope Hansen, Boise Police Department
Dave Gomez, Meridian Police Department
Shaun Laughlin, Professional Firefighters of ID
Rob Shoplock, Professional Firefighters of ID
Mark Babson, Ada County Paramedics
Dawn Rae, Ada County Paramedics

11:55 am Breakout II – Jordan Ballroom ABC  
**Local School Programming Panel**
Educators to share suicide prevention programming in schools and respond to Idaho’s HB 634, gatekeeper trainings
Moderator: Sen. Ward-Engelking
Jared Emfield, Hope Squad
Laurie Strand, Bluebirds
Christy Porter, Signs of Suicide
Julie Hambleton, Sources of Strength

12:45 pm Lunch Break & Networking – Jordan Ballroom DE

1:45 pm Plenary 3 – Jordan Ballroom DE  
**The Power of One: Plenary Panel Interactive Discussion**
Dr. Sally Spencer-Thomas, Tom Mendenhall, Nan Wise & Dr. Nathaniel Mohatt
Moderated by Sen. Fred Martin, Governor’s Council on Suicide Prevention
A guided discussion on intersection of each guest’s background, work in the field, and understanding of what it will take to reverse the losses our communities experience.

2:45 pm Break

3:00 pm Keynote – Jordan Ballroom DE  
**Upstream, Midstream, Downstream: Building a Blueprint for Suicide Prevention**
Keynote Speaker: Dr. Sally Spencer-Thomas
As a clinical psychologist, inspirational international speaker, impact entrepreneur, and survivor of suicide loss, Dr. Spencer-Thomas sees the issues of suicide prevention and mental health promotion from many perspectives.

4:30 pm Closing – Jordan Ballroom DE
Special Guest Emma Arnold

(Optional) 6:30 – 8:30 pm – Depressed Cake Popup & Post-Conference Mixer
Barbarian Brewing Downtown Taproom - 1022 W. Main St., Boise, Idaho 83702

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**Training Day**
Tuesday, October 23 | Boise State University
Concurrent Sessions on Registration Basis

8:00 am Registration, Coffee & Refreshments, and Check-In Opens – Level 2 Hallway

10:30 pm Break, 12:00 pm Lunch, 2:45 pm Break
I: Youth Mental Health First Aid, 8:30 am – 5:00 pm – Farnsworth Room
Youth Mental Health First Aid (YMHFA) 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.” (30-person capacity)

II: CAMS-care, 9:00 am – 5:00 pm – Jordan Ballroom D
CAMS is a therapeutic framework for suicide-specific assessment and treatment of a patient’s suicidal risk. The CAMS flexible approach makes it effective across theoretical orientations and disciplines for a wide range of suicidal patients in a variety of treatment settings modalities.

III: QPR Train the Trainer, 9:00 am – 5:00 pm – Jordan Ballroom B
Becoming a certified trainer of QPR’s industry-leading approach to suicide prevention is an excellent way for individuals and organizations to help empower their communities to effectively intervene on behalf of suicidal and in-crisis people.

IV: safeTALK Training, 1:00 pm – 4:00 pm – Jordan Ballroom A
safeTALK is a half-day training in suicide alertness. Participants learn how to identify persons with thoughts of suicide and connect them with resources who can help them in choosing to live. They learn how to activate a suicide alert that connects the person who is thinking about suicide with resources who can support them in their healing process.

V: The Power of Storytelling Workshop, 9:00 am – 12:00 pm – Jordan Ballroom A
Join Dr. Sally Spencer-Thomas (AM) in workshops to learn how to share your experience with suicide or mental wellness in a powerful manner to help other’s to understand, effectively removing the stigma associated with it. Powerful storytelling is healing and educational. Once you are ready to share your story, these skills will make sure you convey it effectively and clearly.

VI: Introduction to The Community Resiliency Model, 9:00 am – 12:00 pm – Jordan Ballroom C
The CRM training is a wellness and prevention program that provides a biological approach to normal human reactions to stress and trauma. CRM uses a set of six wellness skills to reset the natural balance of the nervous system. The goals of CRM trainings: to learn the biology of trauma and resiliency, to learn six wellness skills of CRM, & to learn simple concepts of the resiliency zone and how to use the skills for self care, family, broader social networks and agencies.