



Texas Suicide Prevention Symposium: Coming Together to Care

Monday, June 9, 2008

8:30 am
Foyer

Registration
La Quinta Convention Center, San Antonio

10 am – 12 pm
Fiesta Ballroom
A - C

Pre-Symposium – Round Table for Texas Hotlines
Introduction - Joe Lovelace, Texas Council of Community MHMR Centers
Facilitator/Presenter - Janice Cote, LMSW, MHMRA of Harris County

As a key service in reaching people who need it most, especially for those contemplating suicide, Hotlines need to be staffed with competent, caring employees who have the appropriate tools to do their job. Telephone work has its own set of unique opportunities and challenges that are not necessarily shared with face-to-face services. Information will be shared on favorite Hotline management tools, greatest management challenges, tips and practices.

11 am – 12 pm
Fiesta Ballroom
D - F

Pre-Symposium – Annual Business Meeting of the Texas Suicide Prevention Council
Gary Kesling, PhD and Merily Keller, BS, Co-Chairs

12 - 1:30 pm

Lunch on Your Own

1:30 pm
Fiesta Ballroom
A - F

Opening Session
Welcome
Lynn Lasky Clark, President/CEO of Mental Health America of Texas
Merily Keller, Co-Chair, Texas Suicide Prevention Council

Vignette
A Youth Perspective – Blayr Brophy, Austin

Texas Department of State Health Services
Luanne Southern, Deputy Director

Why People Die by Suicide
Thomas Joiner, PhD, Director, University Psychology Clinic, Department of Psychology, Florida State University. Dr. Joiner will provide a novel, comprehensive theory of suicidal behavior, with implications for understanding risk for and treatment and prevention of suicidal behavior, and understanding the experience of suicidal people.

2:45 pm

Break

3:00 – 4:30 pm

Breakouts

Fiesta Ballroom
A - C

Developing and Implementing a Suicide Prevention Public Awareness Campaign
Introduction – Amanda Summers-Fox, Suicide Prevention Officer, Texas Department of State Health Services

Presenter – Dan Reidenberg, PsyD, SAVE (Suicide Awareness Voices of Education)
Dr. Reidenberg will discuss the various phases of developing a multi-media suicide prevention campaign, including research, reducing the risk of harm, needs and readiness assessment, and culturally specific information.

Fiesta Ballroom
D - F

The Bullying / Suicide Connection
Introduction – Jeannie Von Stultz, PhD, Director of Mental Health Services, Bexar County Juvenile Probation
Presenter - Rochelle Sides, Co-Director, Bully Police USA
Ms. Sides presentation will show the alarming rise in bullying-induced suicide in teens, provide information on recognizing warning signs and remedies for the trend.



Texas Suicide Prevention Symposium: Coming Together to Care Tuesday, June 10, 2008

8:00 am Registration

9 am - 4 pm Exhibits

9:00 am Welcome / Introductions

Fiesta Ballroom Gary Kesling, PhD, Co-Chair, Texas Suicide Prevention Council; University of Texas Medical Branch
A-F Galveston

Trends and Cultural Context

- *Epidemiology*
John Hellsten, PhD, Texas Department of State Health Services

- *Latino Issues in Youth Suicide Prevention*
Delia H. Saldaña, PhD, University of Texas Health Science Center, San Antonio

Latino youth are at high risk for suicide nationally, especially girls age 12-17. This presentation addresses cultural and environmental factors that impact the level of risk.

10:15 Break

10:30 Introduction

Fiesta Ballroom James Castro, LPC, LMFT, The Center for Health Care Services, San Antonio
A-F

Vignette

The Arts Project, San Antonio – Nick Holstein

Suicide Prevention for Youth in Military Families

Panelists will discuss a screening program designed to assess suicide risk factors in a military medical setting, school-based health clinic, and elementary school

- Isaac Martinez, PhD, Center for Health Care Services, San Antonio
- Teresa L. Arata-Maiers, PsyD, Brooke Army Medical Center
- Jeffery Greene, MD, Brooke Army Medical Center, San Antonio
- Robert Frame, DMD, Veterans Center, San Antonio

12:00 pm Luncheon

- Overview of the Texas Youth Suicide Prevention Project – Merily Keller, Co-Chair
- Texas Suicide Prevention Council Annual Report – Gary Kesling, Co-Chair
- Chairs' Awards – Texas Suicide Prevention Council
 - Local Coalition – Austin Travis County Suicide Prevention Coalition, Elizabeth Roebuck
 - Statewide Partner – Texas Council of Community MHMR Centers, Joe Lovelace

1:30 pm Breakouts

Fiesta Ballroom **Frameworks Community-Based Response to Suicide**
A-C Introduction – Patty Williams, Communities In Schools Southeast Texas, Inc.

Presenter – Kenneth Norton, LICSW, National Alliance on Mental Illness New Hampshire

This presentation will provide an overview of important concepts of suicide postvention (responding to a suicide death) and strategies for coordinating an integrated community response. The workshop will include information on effective suicide postvention as a suicide prevention strategy, the risk of contagion and strategies for reducing risk, coordinating response for key stakeholders, and promoting health for survivors and communities.

Fiesta Ballroom **Suicide Issues in Colleges and High Schools**
D-F Introduction – Jill Morgan, Jason Foundation at The Oaks

- o *Characteristics of Suicidal Crises in College Students, Implications for Suicide Prevention*
Chris Brownson, PhD, University of Texas at Austin

In 2006, the National Research Consortium of Counseling Centers in Higher Education, consisting of 70 U.S. colleges and universities, conducted an in-depth survey of college students about the nature of their suicidal crises. Dr. Brownson will speak about the general mental health of US college students and characteristics of college student suicidal crises, as well as important directions in college campus suicide prevention.

Introduction – Elizabeth Roebuck, Texas Suicide Prevention Council

- o *Helping Parents, Teachers and Staff Understand and Reduce Incidents of Suicide in the Austin School District*
Charlotte Winkelmann, MEd, Austin ISD

Austin ISD is working in a collaborative effort with Travis County to understand suicide and reduce the number of incidents in schools. They are working to perfect prevention and postvention processes with successful results. Processes include awareness and training of stakeholders, policies and best practices, and collaboration.

3:00 Break

3:15 **Online Communities and Social Networking – Prevention and Postvention**
Ballroom Introduction – Erin Espinosa, Texas Juvenile Probation Commission
A-F Presenter – Christopher Gandin Le, MA, Emotion Technology and postvention.org
Response from a Hospital Perspective – Reenie Collins, Seton Shoal Creek Hospital

The internet is a scary place - we have seen suicide threats, pictures and videos of cutting and self-injurious behavior, and even pro-suicide communities pop up in great number. But it's not all bad news, the internet can be used to great effect for suicide prevention and spreading help-seeking and help-giving information – find out how MySpace, Facebook, Bebo, and others are reaching out to the suicide prevention community for help and where the next step for suicide prevention lies.

4:15 – 4:30 pm **Closing**
Merily Keller, Co-Chair, Texas Suicide Prevention Council

Symposium Speakers

Janice L. Cote, LMSW

Janice Cote, MHMR HelpLine Assistant Director, Mental Health Mental Retardation Authority of Harris County, created a 24-hour crisis helpline and call center to complement the emergency services department, which also serves as the mail point of entry for anyone wanting to access the MHMRA of Harris County system. She is certified by the American Association of Suicidology, created training programs for staff, and is experienced in strategic planning. Prior to her work with MHMRA she worked for Crisis Intervention of Houston, Inc as hotline services director, and volunteer coordinator.

Luanne Southern, MSW

Luanne Southern is Deputy Commissioner of the Texas Department of State Health Services. The Department is responsible for providing public health and behavioral health services for individuals and communities across Texas. As Deputy Commissioner, Ms. Southern provides leadership in formulating and implementing the agency's policy direction. She also oversees the Office of Border Health and the Centers for Program Coordination, Policy and Innovation, and Consumer and External Affairs. Previously, Ms. Southern worked in Washington, DC and Mental Health America, Caliber Associates/ICF International, and at the Georgetown University National Technical Assistance Center for Children's Mental Health.

Thomas Joiner, PhD

Thomas Joiner is Distinguished Research Professor & The Bright-Burton Professor of Psychology, and Director, University Psychology Clinic, in the Department of Psychology at the Florida State University in Tallahassee, Florida. Dr. Joiner's work is on the psychology, neurobiology and treatment of suicidal behavior, depression, anxiety, and eating disorders. Author of over 360 peer-reviewed publications, Dr. Joiner was recently awarded the Guggenheim Fellowship. He was elected Fellow of the American Psychological Association, and received the Young Investigator Award from the National Alliance for Research on Schizophrenia and Depression, the Shakow Award for Early Career Achievement from the Division of Clinical Psychology of the American Psychological Association, the Shneidman Award for excellence in suicide research from the American Association of Suicidology, and the Award for Distinguished Scientific Early Career Contributions from the American Psychological Association, as well as research grants from the National Institute of Mental Health and various foundations. He is editor of APA's Clinician's Research Digest and incoming editor of the Journal of Social & Clinical Psychology. He is author of 13 books, including *Why People Die By Suicide*, which was published by Harvard University Press in 2005. Dr. Joiner went to college at Princeton and received his PhD in Clinical Psychology from the University of Texas at Austin.

Daniel J. Reidenberg, PsyD, FAPA

Daniel J. Reidenberg is currently the Executive Director of SAVE (Suicide Awareness Voices of Education), a national non-profit organization working to prevent suicide and help suicide survivors and those suffering with depression. Before coming to SAVE, he was the Director of Family & Children's Services in Minneapolis overseeing 10 mental health and community-based programs. Dr. Reidenberg's background includes working extensively with adolescents and adults who are seriously and persistently mentally ill, chemically dependent, and diverse personality disorders. He has worked in a variety of in-patient, out-patient, partial-hospitalization and day-treatment and residential programs. He also consults with psychologists, attorneys, and businesses on healthcare and legal matters. Dr. Reidenberg was inducted into the Who's Who Registry of Business Leader's as a Lifetime VIP, and the International Biography of Distinguished Leaders.

Rochelle Sides

Co-Director of Bully Police USA, Inc. and Director, Bully Police Texas, Ms. Sides is fighting alongside other volunteers to pass anti-bullying laws in every state. She has spoken in schools, to lawmakers and the media about bullying and its effects. When Rochelle's daughter took her life in 2004 after being bullied, she began her fight against bullies and the lack of education and programs that protect them. In 2005, Ms. Sides helped to pass the first anti-bullying law in the state of Texas.

John Hellsten PhD

John Hellsten, Epidemiologist for the Texas Department of State Health Services, is responsible for planning, conducting and disseminating the results of advanced epidemiologic studies related to injury, trauma and emergency medical services, child mortality and occupational health, and serves as a consultant to the Texas Youth Suicide Prevention Project. He operationalized the Texas Injury Research Consortium, initiated a Suicide Surveillance Workgroup, managed the transition of data collection systems for the Texas Child Fatality Review Teams and secured NIOSH funding as co-Principal Investigator for Texas Occupational Health Surveillance System. Dr. Hellsten received a PhD in Social Ecology from the University of California.

Delia Saldaña, PhD

Delia H. Saldaña is Associate Professor, Psychiatry, School of Medicine, and the University of Texas Health Science Center at San Antonio. She has held positions with Trinity University and the Barrio Family Clinic in San Antonio. Dr. Saldaña received a PhD in Clinical Psychology from the University of California Los Angeles. She has received numerous honors related to psychology, behavioral health access among racial and ethnic minorities, social factors impacting functioning of Latinos, underserved minorities, and child risks. Dr. Saldaña has been published in a number of peer-reviewed publications including the topics of assessing mental health needs, needs of rural women, cultural competency for mental health service providers, schizophrenia among Hispanics, and cultural diversity and mental health.

Isaac Martinez, PhD

Isaac Martinez is Director of Clinical Quality-Psychologist for the Center for Health Care Services in San Antonio and Director of the Texas Youth Suicide Prevention Project, which is providing suicide screening and referral in the local military community. He is also Project Coordinator for Operation Reunion, a program designed to assist with family reintegration of wounded soldiers. Dr. Martinez is a licensed psychologist, committee member for Integrated Mental Health Services, and an ethics training consultant. He has previously worked for Alamo Labor Properties, the Mexican American Unity Council and is co-author of numerous publications. He received a PhD from Oklahoma State University and conducted postdoctoral work at the South Texas Veterans Health Care System.

Robert T. Frame FACHE

National OEF/OIF Returning Warriors Liaison, Readjustment Counseling Services, Department of Veterans Affairs, Colonel, U.S. Army Reserve (Retired). In this role as National OEF/OIF Returning Warriors Liaison Dr. Frame is responsible for providing Leadership Support, Outreach Services Coordination, and Strategic Development in support of Readjustment Counseling Service (RCS) Vet Center's nationwide. RCS provides a broad range of psycho-social services to combat veterans and their families to assist them in their readjustment to civilian life and the bereavement process. Dr. Frame received a DMD Degree from the University of Puerto Rico, School of Dentistry, MS in Biomedical Sciences from The University of Texas, and a Masters in Leadership from Georgetown University, McDonough School of Business. He completed a residency in Maxillofacial Prosthetics and Dental Oncology at M.D. Anderson Cancer Center at The University of Texas Health Science Center. He is currently working on his PhD in Counseling at St Mary's University in San Antonio, Texas. He has also served in Bosnia, Herzegovina and Afghanistan.

Jeffery Greene, MD, FAAP

Major, Medical Corps, US Army. Dr. Greene currently serves in a number of positions: Clinical Assistant Professor in Pediatrics, Uniformed Services University of the Health Sciences, Bethesda, MD; Faculty Representative, General Medical Education Committee; Brooke Army Medical Center, San Antonio, TX; Medical Director, School-Based Health Clinic, Robert G. Cole High School, Ft. Sam Houston ISD; Medical Director, Health Advisory Board, Robert G. Cole High School Ft. Sam Houston ISD; Staff, Adolescent Medicine Service, Department of Pediatrics, Brooke Army Medical Center; and Adolescent Medicine Specialist, McWethy Troop Medical Clinic, Brooke Army Medical Center. He has also served in Iraq and Korea.

Teresa (Terry) L. Arata-Maiers, Psy.D.

Terry Arata-Maiers currently serves as Child and Family Coordinator for the Warrior Resiliency Program San Antonio Military Medical Center, Brooke Army Medical Center & Wilford Hall Medical Center; Chair, Family Member Access to Care Committee, Brooke Army Medical Center; Rotation Supervisor, and Child and Adolescent Psychology Service (CAPS), Pre-Doctoral Internship, Brooke Army Medical Center; and Clinical Psychology Faculty, Brooke Army Medical Center. She formerly served on faculty at Our Lady of the Lake and Ursuline Academy, and has worked as a staff psychologist, unit and outpatient therapist. Dr. Arata-Maiers has expertise in military families, deployment, parental injury, military children, bereavement and violence in schools.

Gary Kesling, PhD

Gary Kesling is Director, Clinical Preventive Medicine and Community Outreach, Clinical Associate Professor, Department of Surgery, The University of Texas Medical Branch, Galveston. He received his PhD in Community Health at TWU, Denton. He is certified by: National Board of Certified Counselors, Board Certified in Professional Counseling, Board Certified Expert in Traumatic Stress, American Academy of Experts in Traumatic Stress, Board Certified in Domestic Violence, American Academy of Experts in Traumatic Stress, and Diplomate, American Academy of Experts in Traumatic Stress. Dr. Kesling has had numerous professional, research and teaching experiences, including Harvard University, North Texas State University, Texas Association of Alcoholism & Drug Abuse Counselors, and the Texas Education Agency. He currently serves as Co-Chair of the Texas Suicide Prevention Council.

Meryl Keller, BS

Co-Chair of the Texas Suicide Prevention Council, Ms. Keller became a suicide prevention researcher and advocate after losing a son to suicide in 2000. Prior to this time she worked for 25 years in advertising and public relations. She is a certified QPR Suicide Prevention Gatekeeper mentor/ trainer of trainers, a founding board member of the Central Texas Chapter of the American Foundation for Suicide Prevention, and past member of the Public Policy Task Force of the American Association of Suicidology. As a University of Houston Health Science Center MPH graduate student, Ms. Keller has completed all course work and is working on her thesis on suicide prevention policy.

Chris Brownson, PhD

Chris Brownson is the director of the Counseling and Mental Health Center at the University of Texas at Austin. He is the director of the National Research Consortium of Counseling Centers in Higher Education, and recently led a study about the nature of suicidal crises in college students involving 70 U.S. colleges and universities with over 26,000 participants. He co-created the Integrated Health Program at UT, which utilizes behavioral medicine and mindfulness-based interventions in a primary care environment. He is a program evaluator for SAMHSA suicide prevention grants and is the National Mental Health Consultant to Teach for America.

Charlotte Winkelmann, MEd

Charlotte Winkelmann began her educational journey as a teacher in 1971 in Houston, and is currently the Acting Director of Student Support Services for AISD. She has 37 years of experience in education, including 29 years as an elementary counselor, middle school counselor, high school counselor and counselor administrator. Ms. Winkelmann has worked in 6 schools districts, both large and small in the state of Texas. Her personal experience includes six extended family members who lost their lives to suicide. Ms. Winkelmann's professional experience in suicide prevention includes working to establish suicide prevention programs in Austin and the nationally-known suicide prevention program in Cypress-Fairbanks ISD.

Christopher Gandin Le, MA

Christopher Le is a media artist and public health advocate. He helped launch the Suicide Prevention Resource Center (Texas was one of the states he provided Technical Assistance to in 2003). He then worked with the National Suicide Prevention Lifeline – where he established protocol for online suicide prevention and partnerships with all of the major social networking websites. Chris is now heading up his own company, Emotion Technology. Through Emotion Technology, he hopes to bring his expertise in suicide prevention and online media together to build a more emotionally intelligent internet.

Reenie Collins

Reenie Collins, Outreach and Community Advocacy for Seton Shoal Creek Hospital, has over 20 years experience in hospital communications, community relations and marketing and fundraising. She is a community relations expert with a special expertise in working with volunteer, civic and governmental agencies. Prior to her current position, she held numerous professional roles including her own healthcare consulting firm, as well as various other healthcare marketing related positions in California and Texas. After working with an Austin community collaboration to address suicide prevention, she is now an advocate for online suicide prevention and teen to teen resource tools. Ms. Collins also remains involved in many volunteer organizations throughout the Austin community.

CONFERENCE CO-SPONSORS

Texas Suicide Prevention Council, Mental Health America of Texas, and the Texas Department of State Health Services.

The Texas Suicide Prevention Council consists of 18 state-level organizations and 10 local suicide prevention coalitions. Members: Advocacy, Inc., American Association of University Women, Depression & Bipolar Support Alliance/Texas, Governor's EMS & Trauma Advisory Council, Jason Foundation at The Oaks, Mental Health America of Texas, Montrose Counseling Center, National Alliance on Mental Illness/ Texas, National Association of Social Workers/Texas, Texas Association for Marriage and Family Therapists, Texas Council of Community MHMR Centers, Texas Department of Family & Protective Services, Texas Department of State Health Services, Texas Health & Human Services Commission, Texas Juvenile Probation Commission, Texas Mental Health Consumers, Texas Suicide Prevention Council, Texas PTA, Texas Psychological Association.

Texas Suicide Prevention Community Coalitions: Austin/Travis County Suicide Prevention Coalition, Bastrop County Suicide Prevention Coalition , Dallas-Area Suicide Prevention Coalition, Fort Worth/Tarrant County Suicide Prevention Coalition, Heart of Texas Suicide Prevention Coalition (Waco), Houston/Harris County Suicide Prevention Coalition, Highland Lake Suicide Prevention Coalition(Marble Falls/Burnet County) Hill Country Suicide Prevention Coalition (Fredericksburg/Kerrville), San Antonio Suicide Prevention Coalition, San Marcos/Hays County Suicide Prevention Coalition, Southeast Texas Suicide Prevention Coalition (Beaumont)

CONFERENCE UNDERWRITERS

Texas Department of State Health Services, Substance Abuse and Mental Health Administration – Garrett Lee Smith Memorial Act, Mental Health America of Texas, and Noven Therapeutics, LLC

CONFERENCE PLANNERS

Conference Co Chairs, Erin Espinosa, Texas Juvenile Probation Commission and Jeannie Von Stultz, Bexar County Juvenile Probation. Gayle Jaffe, Suicide Prevention Resource Center; Isaac Martinez, Center for Health Care Services, San Antonio; Merily Keller, Texas Suicide Prevention Council; Mary Ellen Nudd, Mental Health America of Texas

EXHIBITORS

The Arts Project, atimetolive.com, Center for Health Care Services, Austin Travis County MHMR, Jason Foundation at the Oaks, Mental Health America of Texas, Nix Behavioral Health Services, Southwest Mental Health Center, Suicide Prevention Resource Center , Val Verde County Juvenile Probation

DEDICATION TO DAN RAWLINS

"Coming Together to Care, the 2008 Texas Suicide Prevention Symposium" is dedicated to the memory of Dan Rawlins, former Program Officer for the Texas Youth Suicide Prevention Project, Texas Department of State Health Services.

Dan dedicated his life to helping others through his work at a state hospital, service in substance abuse, health, mental health, AIDS awareness and suicide prevention.

His memory inspires.