

2005 Florida Suicide Prevention Symposium

Putting Research to Practice

September 21, 2005
Hyatt Grand Cypress Resort
Orlando, FL



Governor's Office of
Drug Control



Florida Alcohol & Drug
Abuse Association



Florida Regional
Community Policing
Institute

2005 Florida Suicide Prevention Symposium

Putting Research to Practice

Suicide in Florida

Suicide is America's 11th leading cause of death, claiming the lives of over 30,000 Americans per year. Of those deaths, 2,294 occurred within the state of Florida in 2003, at a rate of 13.4 per 100,000. Compared to the 1,004 homicides that occurred in Florida in 2003, the suicide rate is over twice the homicide rate. In spite of this reality, homicide rates get wide public coverage and policy response, while suicide is often tragically overlooked as a private matter pertaining only to the family involved.

The 2005 Florida Suicide Prevention Symposium offers participants the latest research in prevention strategies, with special emphasis on efforts that target youth and young adults. Experts agree suicides are among the most preventable of all causes of human fatality. This symposium aims to give clinicians, policymakers, families and all child serving workers the newest information available on Suicide Prevention.

This year, The Governor's Office of Drug Control and its statewide taskforce published the Florida Suicide Prevention Strategy, 2005-2010. The Strategy has three basic goals:

1. To decrease the incidence of suicide in Florida by one third (from approximately 14.1 per 100,000 in 2001 to approximately 9.4 per 100,000 by the end of 2010)
2. To decrease the incidence of teen suicide in Florida by one third (from approximately 9.5 per 100,000 in 2001 to approximately 6.3 per 100,000 by the end of 2010)
3. To decrease the incidence of elder suicide in Florida by one third (from approximately 20 per 100,000 in 2001 to approximately 13.3 per 100,000 by the end of 2010)

About Our Sponsor

Florida Regional Community Policing Institute

The Florida Regional Community Policing Institute (RCPI) at St. Petersburg College provides free community policing training and technical assistance to law enforcement agencies and the communities they serve.

This statewide training focuses on collaborative partnerships and problem-solving strategies for criminal justice practitioners, citizens and community leaders – including youth, volunteers, city employees, elected officials, social service agencies and private sector representatives.

Training is delivered via interactive classroom instruction, on CD-ROM, video, community forums, teleconferences and the Internet.



Partners

Florida Alcohol and Drug Abuse Association, Inc.
Florida Department of Children and Families

Governor's Office of Drug Control
WESTCARE

2005 Florida Suicide Prevention Symposium

Featured Speakers



James McDonough
Director
Florida Office of Drug Control

Jim McDonough is the Director of the Florida Office of Drug Control. Appointed by the Governor, he is responsible for the coordination of all

State efforts to decrease drug abuse and its consequences in Florida.

From 1996-1999, he was Director of Strategy for the Office of National Drug Control Policy, the White House agency that leads the nation's efforts to reduce drug abuse and its consequences on the American people. In that capacity, he was the advisor to the Director, Office of National Drug Control Policy on the comprehensive strategy to reduce the demand for and cut the supply of drugs in America. He was a key player in the conceptualization, planning, and execution of national drug policies.

He is a graduate of the Massachusetts Institute of Technology and the United States Military Academy. He served a full career as a United States Army Officer before assuming his current position.



Lidia Bernik, SPAN USA

Lidia Bernik serves as Program Coordinator for the Suicide Prevention Action Network USA, Inc. She has a Masters in Health Science from the Johns Hopkins Bloomberg

School of Public Health and a B.S. in Human Service Studies from Cornell University. She is a suicide survivor, having lost her older sister in the year 2000.



Ken DeCerchio
Assistant Secretary
Substance Abuse & Mental Health
Florida Department of Children and Families

Ken DeCerchio received his MSW from Florida State University in 1980. He has 25 years experience in the management of community-based substance abuse and mental

health services.

Mr. DeCerchio served as the state Substance Abuse Director with the Department of Children and Families Services from May 1995 until June 2005, when he was appointed as the Assistant Secretary for Substance Abuse and Mental Health. The Substance Abuse Program Office is responsible for substance abuse prevention and treatment services within the department. The program manages approximately \$190 million in state and federal dollars through 14 district/regional offices. Over 160 contracted community-based agencies provide services to almost 200,000 adults and children throughout Florida.



Dr. Aaron White, PhD
Assistant Research Professor
Department of Psychiatry
Duke University Medical Center

Aaron M White, PhD, is an Assistant Research Professor in the Department of Psychiatry and Behavioral

Sciences at Duke University Medical Center. Dr. White's research focuses on issues related to the causes of substance abuse during adolescence and the consequences of such abuse on psychological processes and brain function, with an emphasis on learning and memory. Dr. White is deeply committed to substance abuse education and prevention. He helped create a successful online alcohol education course for college students, entitled *AlcoholEdu*, has appeared in educational videos about adolescent brain development and substance abuse, and worked with Mother's Against Drunk Driving to create education and prevention programs for both elementary school children and high school students.

Schedule of Events

Tuesday, September 20, 2005 (Pre-symposium)

2:00 pm - 4:30 pm

Statewide Taskforce Meeting

Wednesday, September 21, 2005

7:00 am – 8:00 am

Registration opens at 7:00 am in the Registration Area #4 (located downstairs)

8:00 am – 9:25 am

Welcome and Opening Session

James McDonough, *Director, Florida Office of Drug Control Policy*

Ken DeCerchio, *Assistant Secretary, Substance Abuse and Mental Health, Florida Department of Children and Families*

Dr. Aaron White, *Assistant Research Professor, Department of Psychiatry, Duke University Medical Center*

9:25 am – 9:35 am

Break

9:35 am – 12:05 pm

Morning Workshop

Addictive Behaviors and Co-Occurring Disorders

Grand Cypress I

Ben Camp, MS.ED, Faculty Eastern Washington University

Review of the new research exploring the relationship of suicide and Co-Occurring Disorders, with special attention paid to the role of the substance abuse counselor in the risk assessment and management of the suicidal patient.

9:35 am – 10:50 am

Workshop Series

The Changing Adolescent Brain: Implications for Suicide Prevention

Grand Cypress H

Dr. Aaron White, Assistant Research Professor, Department of Psychiatry, Duke University Medical Center

In this session we will explore recent findings about adolescent brain development and will discuss the implications of these findings for both the onset and long-term consequences of mental health and substance abuse during the teenage years. Many disorders begin during adolescence and it has become increasingly common to treat such disorders with medications. We will examine normal and abnormal adolescent brain development and discuss the implications of these changes for the onset and treatment of psychiatric conditions. We will also discuss the potential to misinterpret normal adolescent behavior as symptoms of pathologies.

America's Kids: Diamonds in The Rough (ATOD Prevention) Too Good for Drugs

Palm A-C

Ann Compton, Director of Training, Mendez Foundation

This workshop will demonstrate research-based strategies and concepts used in To Good for Drugs, a K-12 school-based drug prevention curriculum. It will include research findings on the effectiveness of these strategies. The workshop will present examples of classroom activities for polishing skills, attitudes and perceptions that help students to "shine". Participants will learn how to promote bonding, develop students' social and emotional competency, and establish positive norms for healthy, drug free living.

11:00 am – 12:05 pm

Understanding Adolescent Self Injury

Palm D-F

Jeff Ray, MS, Licensed Mental Health Counselor

This workshop is an introduction to adolescents who engage in self-injurious behaviors, primarily cutting. Various theories as to why teens engage in cutting, treatment recommendations for helping teens who cut, and resources for those teens will be discussed. Stories from teenagers who have engaged in self-injury will also be presented.

Workshop Series

Mitigating the Myths & Stifling the Stress

Grand Cypress H

Jackie Beck, MSW, Department of Children and Families, Mental Health Program Office

We are complicated creatures who do not always seek help when we should. What influences our perceptions and behavior? Participants will learn the answers to these important questions and how to counter misperceptions and escalating stress in their lives and the lives around them.

Suicide Prevention – The Role of the Faith Community

Palm A-C

Gregory Harris, MS, Executive Director, Council of Church-Based Health Programs, Inc.

Explore the role of the faith community in understanding youth and suicide. This open discussion forum will help you gain a better understanding of the causes of youth suicide, signs and signals of suicide and prevention measures.

SOS, Signs of Suicide, a SAMHSA Promising Program

Palm D-F

Marjorie LaBarge, Safe and Drug Free Schools Coordinator, Orange County Schools

Listen to students and learn how SOS incorporates two prominent suicide prevention strategies into a single program, combining a curriculum that aims to raise awareness of suicide and its related issues with a brief screening for depression and other risk factors associated with suicidal behavior. The basic goal of the program is to teach high school students to respond to the signs of suicide as an emergency, much as one would react to signs of a heart attack. Students are taught to recognize the signs and symptoms of suicide and depression in themselves and others and to follow the specific action steps needed to respond to those signs.

12:15 pm – 1:35 pm

Lidia Bernik, SPAN USA, speaker, followed by networking lunch

1:45 pm – 5:00 pm

Afternoon Workshop

Ending A Deadly Silence – Suicide Prevention Gatekeeper Training

Grand Cypress I

Pam Harrington, Executive Director, Beth Foundation

Steve Roggenbaum, MA, Coordinator: Research Programs/Services, Department of Child and Family Studies, Louis de la Parte Florida Mental Health Institute, University of South Florida

Note: Participants in this workshop will become certified as Gatekeepers. The workshop continues through 5 p.m. Suicide is neither random nor inevitable. The knowledge and tools are available to approach suicide as a preventable problem with realistic opportunities to save many lives. Each of us can make a contribution toward enabling all Floridians to experience the full potential that life has to offer.

1:45 pm – 3:15 pm

Workshop Series

Understanding Teen Suicide in Residential Settings

Grand Cypress H

Thomas Popadak, BA, Florida Network Certified Trainer

Suicide is the third leading cause of death among teens in the U.S. Teens in residential setting are often at greater risk than their peers. This workshop will help participants who are working in residential settings identify, recognize and respond to common risk factors and warning signs for teen suicide.

How Do We Determine What Works in Preventing Suicide

A Randomized Trial of the QPR Gatekeeper Training Program in Schools

Palm A-C

C. Hendricks Brown, PhD, Director, Prevention Science and Methodology Group, Professor, Department of Epidemiology and Biostatistics

In this workshop we discuss ways to provide evidence of whether a program reduces suicide. This is critical since there is a paucity of knowledge about what programs actually work, how to implement programs we know or believe are effective, and how to sustain programs that are effective. We discuss how a randomized field trial can be planned in partnership with a community to evaluate a prevention program. As an example, we discuss the design of a large randomized trial now being conducted in Georgia public schools.

Screening: A Tool for Prevention

Palm D-F

Tamara Clark, Columbia University TeenScreen Program

The focus of this workshop will be on the Columbia University TeenScreen Program, a national mental health screening and suicide prevention initiative. Come learn how easy it is to implement a screening program in your school or community.

3:30 pm – 5:00 pm

Workshop Series

Crisis Centers: Florida's 24hr./day Suicide Prevention Resource

Grand Cypress H

Marshall L. Knudson, PhD, Director, Alachua County Crisis Center

Throughout Florida, 24 hr/day, community crisis centers offer all our citizens immediate, free, telephone access to the nearest available certified suicide prevention resources. Learn how these centers respond to professionals, caregivers, concerned citizens and suicidal individuals

Effective Suicide Screening and Referral Procedures

Palm A-C

S. Doug Lemon, Psy.D., Chief Psychologist, FCI Ashland

This workshop will provide an overview of the suicidal process, suicide screening instruments and assessment methods, and will suggest effective response procedures with suicidal youth and clients.

Florida Medicaid Medication Update

Palm D-F

Rajiv Tandon, MD, Chief of Psychiatry, Florida Department of Children and Families

Changes in the availability of antipsychotic, antidepressant, mood stabilizer, and other classes of psychotherapeutic medications will be summarized in the context of recent changes in the Florida Medicaid formulary and the role of these agents in modifying suicidal behavior.

Symposium Fees

Full Symposium: \$65 (Includes full symposium all day September 21, 2005, and CEUs)

Register 5 or more at the same time for a 10% discount
Register 10 or more to receive 1 free registration

Continuing Education Units/Contact Hours

An estimated 8 hours can be earned for participation in the full symposium. There is some variation to the total number of hours depending on the discipline for which you are seeking credit. You must attend a plenary or workshop from beginning to end in order to receive the CEU credit, as rules prohibit partial credit. The Florida Alcohol and Drug Abuse Association is an approved **provider** for the following authorities:

CEUs/ Nursing Contact Hours are offered through:

- Florida Certification Board (FCB # A-001). Credit will be available based on course content.
- FADAA is a board-approved provider (CE Provider # 50-676) for:
 - Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling (Exp. 3/31/07). Continuing Education Units.
 - Florida Board of Nursing (Exp. 10/31/06). Contact Hours.

Symposium Hotel

Hyatt Regency Grand Cypress

One Grand Cypress Blvd
Orlando, FL 32836
(407) 239-1234
(800) 233-1234



Hotel rate: \$119/night

Please mention National Forum on Co-Occurring Disorders (or the FADAA Room Block) when registering to receive this rate!

Hotel Registration deadline is: September 9, 2005

Cancellations

All cancellations must be received in writing, on letterhead, and sent to the address noted at the bottom of the registration form. PHONE CALL CANCELLATIONS ARE NOT ACCEPTED. All cancellations postmarked/fax-dated by Wednesday, September 7, 2005 will receive a REFUND. Refunds prior to Wednesday, September 7, 2005 will be processed less a \$25 administrative fee after the symposium. After Wednesday, September 7, 2005 cancelled registrations are no longer eligible for refunds or credits, although substitutions of attendees may be made at any time.



JEB BUSH
GOVERNOR

STATE OF FLORIDA
Office of the Governor

THE CAPITOL

TALLAHASSEE, FLORIDA 32399-0001

January 2005

My fellow Floridians:

The devastation of suicide impacts families throughout our state and remains a serious problem. Each life lost effects countless families, friends and loved ones with unimaginable sorrow and pain. Florida has taken a significant step toward preventing this tragedy by initiating the *Florida Suicide Prevention Strategy* to reduce the incidence of suicide in our state by one third by the end of 2010.

The *Strategy* calls for an integrated and long-term approach to lowering the state's suicide rate by creating a partnership between government and citizen interest groups that can jointly collate and disseminate information in a timely manner, train and field qualified responders, and direct services to those at risk. Resources by themselves are not sufficient. To maximize positive outcomes, Florida will need an infrastructure that combines resources with organization and leadership.

While centralized structure is necessary to integrate the statewide effort, help procure federal assistance, and provide unified direction, success in suicide prevention depends on empowerment at the local level. Expansion of grassroots efforts interconnected by a network of shared information, mutual support, and reinforcing activities will serve as a first line of defense against suicide. Local control of solutions to the challenges posed by the threat of suicide is the best way to achieve overall success. To the extent that the state can nurture, interconnect, and support local coalitions, we shall do so.

Suicide is a complex social phenomenon. We have established achievable objectives that will decrease the suicide rate and save lives. We are resolved to reach our goals and submit this strategy as a means to that end.

Sincerely,

A handwritten signature in black ink that reads "Jeb Bush".

Jeb Bush