

# Let's Talk About It ruOK: Berks County Suicide Prevention Symposium

Friday, June 9, 2017 | 8:30AM–3:30PM | DoubleTree by Hilton Reading, 701 Penn St., Reading, PA 19602

## About the Conference

*Let's Talk About It ruOK* will concentrate on education and collaboration around suicide and suicide prevention. Suicide is the 10<sup>th</sup> leading cause of death in the U.S. and the 2<sup>nd</sup> leading cause of death for those under age 35. Suicide attempts and deaths have a profound impact on families, communities, and society. The keynote presentation will focus on the public health perspective on suicide prevention, including how the public can respond to and help those most at risk for suicide. Local representatives will participate on a Survivors of Suicide Panel Discussion. Afternoon breakout sessions will center around wellness tools to help manage negative feelings. In addition, the conference will be highlighting:

- Wellness Recovery Action Plans (WRAP) as a tool to manage depression
- Mindfulness as a support to more clearly articulate feelings
- Strategies to address risk factors of suicidality among LGBTQ individuals
- Personal Medicine as a resource to feel better and increase wellness

This conference is intended for individuals in recovery, families, youth, social workers, psychologists, psychiatrists, nurses, certified peer specialists, and others interested in behavioral health services. The conference is free of charge, but pre-registration by **June 1<sup>st</sup>** is required.

## Continuing Education Information

### Mental Health Professionals and Nurses

Nurses and other health care professionals are awarded the designated 5.0 number of Continuing Education Units (CEUs). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania.

### National Certified Counselors

Western Psychiatric Institute and Clinic (WPIC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. WPIC is solely responsible for all aspects of this program. This program is being offered for 5.0 continuing education hours.

### Psychiatric Rehabilitation

PAPRS is approved by the Psychiatric Rehabilitation Foundation (Provider #4875530-2017) to sponsor continuing education for Certified Psychiatric Rehabilitation Practitioners and Certified Child and Family Resiliency Practitioners or PRA Certification Candidates for this event. PAPRS maintains responsibility for the program and its content of this event. This event is approved for 5.0 hours.

### Peer Specialists

This program fulfills requirements for certified peer specialist continuing education. Peer specialists are awarded 0.50 CEUs, which equals to 5.0 contact hours.

### Pennsylvania Certification Board

Community Care will award 5.0 hours of PCB-approved hours of education for participants attending the conference. Our program is certified by the Pennsylvania Certification Board, Provider #414.

### Psychologists

WPIC is approved by the American Psychological Association to sponsor continuing education credits for psychologists. WPIC maintains responsibility for this program and its content. This program is 5.0 continuing education credits.

### Social Workers

This program is offered for 5.0 hours of social work continuing education through the co-sponsorship of the University of Pittsburgh School of Social Work, a Council on Social Work Education accredited and Pennsylvania pre-approved continuing education provider for LSW, LCSW, LPC, and LMFT. Those attending from other states should check with their social work boards on acceptance of, or number for, continuing education through CSWE-accredited.



## Agenda

8:30AM	<b>Registration</b>
9:00AM	<b>Opening Remarks</b> James Gavin, <i>President &amp; CEO, Community Care Behavioral Health Organization</i>
9:15AM	<b>Keynote: A Public Health Approach to Suicide Prevention</b> Matthew Wintersteen, PhD
10:15AM	<b>Break</b>
10:30AM	<b><u>Survivors of Suicide Videos</u></b>
10:45AM	<b>Survivors of Suicide Panel</b> Cheli Martinez, Evelyn McCloskey, Tracy Mell, Cheryl Schwartz & Wanda Spring
11:45AM	<b>Lunch</b> (provided)
12:45PM	<b>Breakout Session 1:</b> <ul style="list-style-type: none"> <li><b>A. It's My Recovery: Utilizing WRAP to Manage Depression</b> Tracy Carney, CPS, CPRP &amp; Brian Richardson, CPSS, MAcc</li> <li><b>B. Introduction to Mindfulness: How Learning To Do Nothing Can Be Very, Very Helpful</b> Craig Schollenberger, LCSW, BCD, RTC &amp; Josette Cicacci, PTA, LMT, RYT200</li> <li><b>C. Suicidality &amp; LGBTQ People</b> Paul Cannon, MEd &amp; Renee Blandford, LSW</li> <li><b>D. It's My Recovery: Utilizing Personal Medicine in Your Recovery Planning</b> Paul Wittman, MSW, LSW, MPA</li> </ul>
2:00PM	<b>Break</b>
2:15PM	<b>Breakout Session 2:</b> <ul style="list-style-type: none"> <li><b>A. It's My Recovery: Utilizing WRAP to Manage Depression</b> Tracy Carney, CPS, CPRP &amp; Brian Richardson, CPSS, MAcc</li> <li><b>B. Introduction to Mindfulness: How Learning To Do Nothing Can Be Very, Very Helpful</b> Craig Schollenberger, LCSW, BCD, RTC &amp; Josette Cicacci, PTA, LMT, RYT200</li> <li><b>C. Suicidality &amp; LGBTQ People</b> Paul Cannon, MEd &amp; Renee Blandford, LSW</li> <li><b>D. It's My Recovery: Utilizing Personal Medicine in Your Recovery Planning</b> Paul Wittman, MSW, LSW, MPA</li> </ul>
3:30PM	<b>Adjourn</b>

## About the Keynote Speaker

Matthew Wintersteen, PhD, is Associate Professor and Director of Research in the Division of Child and Adolescent Psychiatry at Sidney Kimmel Medical College at Thomas Jefferson University. Dr. Wintersteen is Co-Investigator and Co-Program Developer of a SAMHSA-funded study designed to build training, screening, and intervention in schools across Pennsylvania. Dr. Wintersteen was also the Principal Investigator of a SAMHSA-funded campus suicide prevention project at Thomas Jefferson University. Dr. Wintersteen has served on national task forces convened by the Suicide Prevention Resource Center, the American Association of Suicidology, the American Foundation for Suicide Prevention, and the National Institute of Mental Health. He was a consultant to the National Center for the Prevention of Youth Suicide (NCPYS), and serves as the Co-Chair of the PA Youth Suicide Prevention Initiative. Finally, Dr. Wintersteen organized, participated, and moderated a panel of national and international experts on youth suicide tasked with developing an empirically-informed list of warning signs for youth suicide.



## Registration Form

Register online using <https://www.surveymonkey.com/r/GHTFS2P> or send your completed form to Paul Wittman by June 1, 2017 by email ([wittmanpj@ccbh.com](mailto:wittmanpj@ccbh.com)), fax (412.454.2177), or mail (Community Care, Attn. Paul Wittman, 339 6<sup>th</sup> Ave., Suite 1300, Pittsburgh, PA 15222).

**Special Needs:** Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling 412.454.8625.

### Let's Talk About It ruOK: Berks County Suicide Prevention Symposium

*\*Registration confirmation will be sent via email only\**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

#### Lunch Preference:

- Turkey
- Ham
- Vegetarian
- Dietary restrictions (*please specify*):  
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#### Continuing Education Credits:

- Certified Psychiatric Rehabilitation Practitioner
- Mental Health Professional
- National Certified Counselor
- Nurse
- PCB
- Peer Specialist
- Psychologist
- Social Worker
- I don't need CEUs
- Other (*please specify*):  
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#### Breakout Session 1:

- A. It's My Recovery: Utilizing WRAP to Manage Depression
- B. Introduction to Mindfulness: How Learning to Do Nothing can be Very, Very Helpful
- C. Suicidality & LGBTQ People
- D. It's My Recovery: Utilizing Personal Medicine in Your Recovery Planning

#### Breakout Session 2:

- A. It's My Recovery: Utilizing WRAP to Manage Depression
- B. Introduction to Mindfulness: How Learning to Do Nothing can be Very, Very Helpful
- C. Suicidality & LGBTQ People
- D. It's My Recovery: Utilizing Personal Medicine in Your Recovery Planning

