



2015 **Beyond**^{THE}**Basics**

PATHWAY TO SUICIDE PREVENTION

Working Toward Zero Suicide in Maine

THURSDAY, MAY 7, 2015

ABROMSON CENTER

University of Southern Maine | Portland

*Sponsored by the Maine Suicide Prevention Program led by the Maine CDC
in the DHHS in partnership with NAMI Maine, the Co-Occurring
Collaborative Serving Maine and the Maine Primary Care Association*



*Maine Center for Disease
Control and Prevention*

*An Office of the
Department of Health and Human Services*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Beyond the Basics in Suicide Prevention 2015

Pathway to Prevention: Working Toward Zero Suicide in Maine

A One-Day Event

Thursday, May 7, 2015

8:00 am – 3:30 pm

The Beyond the Basics conference serves as a “best practice” conference offering participants in-depth and progressive information and the latest research in the field of suicide and suicide prevention. The conference is designed for an adult audience that has attained basic training and knowledge in suicide and suicide prevention, and wishes to expand their knowledge and ability to engage in suicide prevention in Maine. The 2015 theme, “Beyond the Basics in Suicide Prevention: Pathway to Prevention — Working Toward Zero Suicide in Maine” guides a program of the most up-to-date research on suicidology and evidence-based tools, and provides participants with information to use in everyday practical applications. This year’s conference features national leading experts on suicide assessment and prevention, a learning experience not to be missed.

Target Audience

Primary care physicians, physician assistants, nurses, psychologists, psychiatrists, mental health professionals, alcohol and drug counselors, social workers, public safety professionals, military personnel, public health professionals, educators, families and community members

Speakers

KEYNOTE

Michael F. Hogan, PhD

Co-Chair, Zero Suicide Advisory Committee, Action Alliance

PRESENTERS

Jeffrey Hill, MS

Michael F. Hogan, PhD

Michael R. Hollander, PhD

**Christine Linnehan, LCPC,
BC-DMT, FT**

Kenneth Norton, LICSW, ACSW

Erin Rhoda, MA

Lisa Wexler, PhD, MSW

PANEL: SCHOOL PROTOCOLS AND PRACTICES ON MEMORIALIZATION FOLLOWING A DEATH: A MOST CHALLENGING ISSUE

Susan Berry, BS - Moderator

Piet Lammert, MA

Benton Milster, MS Ed.

Monique Poulin, MS

PANEL: THE TRANSGENDER COMMUNITY: SUPPORT ACROSS THE LIFESPAN

**Heather Carter, MA -
Moderator**

Oamshri Amarasingham, Esq.

Gia Drew

Susan Maasch

Zack Paakkonen, Esq.

PANEL: HOW SCHOOL RESOURCE OFFICERS SUPPORT SUICIDE PREVENTION

Gilles Soucy - Moderator

**Deputy First Class
Mark Bridgham**

Officer Dan Costain

Sgt. Dan Stewart

PANEL: LAW ENFORCEMENT'S ROLE IN SUICIDE PREVENTION AND AT THE SCENE OF A SUICIDE

**Greg Marley, LCSW -
Moderator**

Lt. Glen McGary

Chief Deputy Brett Strout

Sgt. Det. Christopher Young

CLOSING PANEL: A CALL TO ACTION: TOWARD ZERO SUICIDE IN MAINE

**Greg Marley, LCSW -
Moderator**

Jeffrey Hill, MS

Michael Hogan, PhD

Michael Hollander, PhD

Lisa Wexler, PhD

Participants of this conference will be able to:

Identify the core clinical elements of the Zero Suicide model.

Examine information and perspectives from national and state experts on advances in suicide research, prevention, and related issues, such as media messaging.

Give examples of best practice models on suicide prevention, intervention, assessment, postvention and treatment.

Examine suicide risk and effective responsiveness across culturally diverse settings and populations.

AGENDA: THURSDAY, MAY 7

8:00 – 8:30 REGISTRATION AND CONTINENTAL BREAKFAST

Music courtesy of Harry Vayo

8:30 – 8:45 WELCOME AND OPENING REMARKS

Dr. Sheila Pinette, Director, Maine CDC

8:45 – 9:45 KEYNOTE ADDRESS

Zero Suicide in Healthcare: The Time is Now

Michael F. Hogan, PhD

As a leader in the field of suicide prevention and an effective change-agent, Dr. Hogan will set the stage for change by describing the scope of suicide associated with healthcare settings, and the typical gaps in care in healthcare and behavioral health settings. He will highlight the programs which demonstrate that a systemic approach could be effective in preventing suicide, and describe the clinical and supporting elements of the Zero Suicide approach. He will share resources available to assist in implementation and suggestions for getting started.

9:45 – 10:00 BREAK

10:00 – 10:45 ***Caring About Lives in Maine Awards*** **Presented by Dr. Sheila Pinette**

The Maine Suicide Prevention Program proudly presents the Caring About Lives in Maine Award to individuals and agencies working to prevent suicide in the State of Maine.

10:45 – 11:00 BREAK/TRANSITION TO WORKSHOP

11:00 – 12:15 WORKSHOP 1: SESSION A

A1: Zero Suicide in Healthcare: How to Implement

Michael F. Hogan, PhD

This nuts and bolts, “how to” session, is designed for people who want to provide “suicide safer care.” Dr. Hogan will describe the clinical and supporting elements of the Zero Suicide approach and share available options for screening tools, safety planning, treatment and follow-through. He will discuss how to get started, provide tools to assess organizational and employee readiness, and address technical assistance that is available.

A2: School Protocols and Practices on Memorialization Following a Death: A Most Challenging Issue – A panel discussion

Benton Milster, MS Ed., Director of School Counseling, Mt. Blue High School; Monique Poulin, MS, Principal, Skowhegan Area High School; Piet Lammert, MA, Assistant Principal, Camden Hills Regional High School; Moderated by Susan Berry, BS
Any school administrator, school counselor or other helping professional who has assisted in supporting a school community in the aftermath of a tragic

Seated massages will be available in the Mezzanine from 10:00 AM until 2:00 PM.

death acknowledges that it is a time of anguish for all involved. The decisions made regarding memorialization of a student death can be among the most challenging issues school professionals address. This is even more challenging if the death is by suicide. School traditions, history and established practices are difficult to change. Making protocol decisions on memorial practices is best done proactively and with the involvement of a broad range of stakeholders. Please join three experienced school professionals as they discuss their community's history with school memorial decisions and the process leading to the development of a district memorialization policy.

A3: The Effective Use Of Social Media Messaging To Prevent Suicide

Jeffrey Hill, MS

The Rhode Island Department of Health sought to engage in suicide prevention with youth, ages 15-24, through the Rhode Island Youth Suicide Prevention Project, a partnership of the Rhode Island Department of Health and the Center to Prevent Youth Violence. In this session, Mr. Hill will share the background of this project and explain simple steps that parents of high school youth can take in their homes to reduce the risk of suicide. He will cover the impact of traditional media, and the evolution of the use of social messaging media to promote means restriction.

A4: Culture, Care and Suicide Prevention: Perspectives to Develop a Reflective Practice and Cultural Humility

Lisa Wexler, PhD, MSW

During this interactive session, we will consider how culture frames our practice and share what we've learned from our suicide prevention work. Examples from Dr. Wexler's research in Northwest Alaska, where she focused on suicide and suicide prevention in an Alaskan Inupiaq community, will be discussed. 'Best practices' in cross-cultural settings and the conditions that support them will be illustrated, and participants will leave with a clearer sense of what we need to be aware of for doing cross-cultural work.

A5: The Transgender Community: Support Across the Lifespan – A panel discussion

Oamshri Amarasingham, Esq., Gia Drew, Susan Maasch, Zack Paakkonen, Esq.,
Moderated by Heather Carter, MA

Transgender identified youth, adults and elders may experience a range of medical and behavioral health issues that can increase the risk for suicide, yet are not able to access adequate support in their communities. Panelists will present lived experience and perspectives on how systems, policies and processes can adapt to increase mental health and medical support for transgender identified members of our community. Participants will be encouraged to join the discussion with questions and perspectives as we all work toward zero suicide.

A6: Creative Pathways to Resilience: Restorative Interventions for Children, Adults and Families Coping with Suicide Bereavement

Christine Linnehan, LCPC, BC-DMT, FT

A death by suicide is often traumatic and complicated for those left behind. Suicide loss puts the bereaved at a higher risk for developing a combination of trauma and grief distress that can interfere with the natural bereavement process. This workshop will draw from current research and contemporary theoretical models to examine the interplay of trauma and grief reactions as well as the prominent themes and challenges that arise following suicide loss. We will explore restorative treatment interventions designed to promote stability, emotional regulation, and resilience while providing the bereaved a safe way to process their loss and reconnect with the life and memories of the deceased. Particular consideration will be given to the importance of tailoring each intervention to the individual's needs and interests. Participants will be invited to reflect on their own restorative practices for personal and professional self-care.

12:15 – 1:15 LUNCH BUFFET

with seating in the Lobby, Mezzanine, Hannaford Hall and adjacent classrooms

1:15 – 2:30 WORKSHOP 2: SESSION B

B1: Suicide, Messaging and the Media

Erin Rhoda, MA, Kenneth Norton, LICSW, ACSW

How do journalists make the choice to report on suicide, and what do they focus on when telling the story? What is appropriate and safe messaging about suicide? How should you speak to the media following a suicide crisis? Join Erin Rhoda, an editor at the Bangor Daily News, and Ken Norton, Executive Director of NAMI New Hampshire, as they walk us through the process journalists follow to determine what they look for in interviews, what happens to determine what they are looking for in interviews, what happens after the facts are collected, and how to manage the interview. They will discuss messaging points to consider as an interviewee, as well as give simple and handy tips for those unfamiliar with engaging with the media on a regular basis. Attendees will hear interview best practices and learn how to respond to the media about a situation involving suicide.

B2: How School Resource Officers Support Suicide Prevention – A panel discussion

Deputy First Class Mark Bridgham, Lincoln Academy; Officer Dan Costain, Brewer High School & Middle School; Sgt. Dan Stewart, Hampden Academy, RSU 22, Moderated by Gilles Soucy

A school resource officer (SRO) plays a unique role in a school community and can play a valuable role in working with high risk youth, including key roles in suicide prevention. In addition to the basic function of public safety, the SRO is often a link between the students and the community and is key to active prevention education and supports within a school. As such they play a significant role in the recognition of risk, engagement of resources and preservation of safety. The SRO may develop relationships with high risk youth not otherwise connected to the school resources. Three veteran SROs describe their roles in suicide prevention in a school community.

B3: Understanding the Functions of Self Injury and Its Relationship to Suicide –

Michael R. Hollander, PhD

Non-suicidal self-injury in adolescents is a serious behavior in its own right but its relationship to suicide makes it crucial that clinicians understand the function of the behavior and have the clinical tools to treat the behavior. Drawing on years of clinical practice and the latest research, Dr. Hollander will demonstrate how overwhelming emotions lead some teens to hurt themselves, and how various treatments—chief among them dialectical behavioral therapy (DBT)—can provide effective routes to wellness.

B4: Culture, Care and Suicide Prevention: Perspectives to Develop a Reflective Practice and Cultural Humility (A4 repeated)

Lisa Wexler, PhD, MSW

B5: Law Enforcement's Role In Suicide Prevention and at the Scene of a Suicide

A panel discussion – Sgt. Detective Christopher Young, Rockland PD; Chief Deputy Brett Strout, Sagadahoc Sheriff's Dept.; Lt. Glen McGary, Portland PD, Moderated by Greg Marley, LCSW

Law enforcement officers regularly respond to scenes of crisis involving suicide risk. This includes onsite investigation in a community setting or home in the aftermath of suspected suicide. More frequently the response is to intervene with an individual in crisis and threatening suicide, or following a suicide attempt. The most challenging and difficult situation is a situation where a "suicide by cop" is triggered, whereby the officers involved are threatened or attacked in a manner that leads to their use of deadly force with someone who is suicidal. Each of these situations involves interactions with individuals in emotional crisis who may present a risk to themselves or to others. The interactions almost always involve family members and the general public. Please join these seasoned officers as they discuss their roles in suicide prevention, intervention and postvention in community interactions.

2:30 – 2:45 **BREAK**

2:45 – 3:30 ***Panel Discussion: A Call to Action: Toward Zero Suicide in Maine***
Jeffrey Hill, MS, Michael Hogan, PhD, Michael Hollander, PhD, Lisa Wexler, PhD, Moderated by Greg Marley, LCSW

Close the day with this lively plenary session featuring experts with a range of perspectives on the critical next steps in the call to action toward zero suicide in Maine. Panelists' specializations include ongoing work on the national front, cultural competency, media, and clinical intervention and treatment. Audience questions and comments submitted throughout the day will be considered and discussed.

2:45 – 3:30 **ADJOURN**

Speakers



Oamshri Amarasingham, Esq.

Oamshri Amarasingham is Public Policy Counsel at the American Civil Liberties Union of Maine. While at the ACLU of Maine, she has worked actively to promote and protect the rights of transgender Mainers, with a focus on healthcare and prisoners' rights. Before joining the ACLU of Maine, she was a legal advocate for Massachusetts Transgender Legal Advocates and completed internships at the ACLU of Northern California, Gay & Lesbian Advocates & Defenders, and the National Center for Lesbian Rights.



Susan Berry, BS

Susan has worked in the health education field for more than 25 years including 12 years at the Maine DOE as a Health Education Consultant, Director of Coordinated School Health Programs and currently as the Health Education and Health Promotion Coordinator. Her work experiences also include Family Life Educator for a local Family Planning Agency; Middle School Health Education Teacher; and a School Health Coordinator. Susan has served on local, state and national committees focused on school health education and related issues. She has been involved in the development and delivery of school-based suicide awareness and prevention training for 18 years and is a member of the Maine Suicide Prevention Program Steering Committee. Susan is a long-time advocate of prevention efforts and health promotion that supports healthy students, healthy staff and healthy schools.



Deputy First Class Mark Bridgham

Deputy First Class Mark Bridgham has been with the Lincoln County Sheriff's Office for eleven years. Prior to this, he was with the Augusta Police Department where he worked as a Juvenile Detective, School Resource Office, and DARE Officer. Deputy First Class Bridgham currently serves as the School Resource Officer for Lincoln Academy, a position he has held since 2004. At the Sheriff's Office, he is also involved with the Crisis Intervention Team, the Hostage Negotiations Team, and is a Drug Recognition Expert. Deputy First Class Bridgham is a twenty-year veteran retired US Air Force Security Police Officer, and a graduate of the City College of Chicago where he studied Criminal Justice. He is married with three grown children and three grandchildren.



Heather Carter, MA

Heather Carter comes to NAMI Maine from Washington State, where she ran a program focused on youth suicide prevention within high risk populations. Heather has a BA in Sociology with a focus on Intercultural Relations and a MA in Intercultural Service, Leadership, and Management with a focus on Training & Intercultural Communication. She has many years of experience working in mental health prior to her work in public health education and really found her passion when she began her work in suicide prevention.



Officer Dan Costain

Officer Dan Costain is the School Resource Officer for the Brewer High School and Middle School. He has worked as a law enforcement officer and D.A.R.E. officer throughout Penobscot County for 30 years.



Gia Drew

Gia Drew is an educator, activist, and athlete. She works as Program Coordinator at EqualityMaine and is President of the Board of Directors of Maine Transgender Network. She also serves on the board of directors of GLSEN Southern Maine and is a mentor for The National LGBTQ Task Force Transgender Leadership Academy. While she was born in Boston, Gia has called Maine home for thirteen years. After earning degrees from Syracuse University and the Savannah College of Art and Design, she was a high school teacher and coach for eighteen years. In that time she became one of Maine's first out transgender public school teachers and one of America's first transgender high school coaches.



Jeffrey Hill, MS

Jeffrey Hill is the Rhode Island Youth Suicide Prevention Program Coordinator in the Violence and Injury Prevention Program at the Rhode Island Department of Health. Prior to his appointment at the Department of Health he spent 10 years working in the field of higher education administration at Universities in Rhode Island and Pennsylvania. He is a trained instructor for the Question, Persuade, and Refer (QPR) suicide prevention program and has trained hundreds of college students in this program. Jeff is a graduate of the University of Rhode Island having earned a Bachelor of Science degree in Aquaculture & Fisheries Science and Technology and a Master of Science degree in Human Development and Family Studies. He has attended the National Fire Academy and in 2004 received the Connecticut Secretary of State Public Service Award. In 2012 he was recognized by NASPA a student affairs organization as the regional mid-level professional of the year.



Michael F. Hogan, PhD | *Keynote Speaker*

Dr. Michael Hogan operates a consulting practice in health and behavioral health care. Prior to this, he served as New York State Commissioner of Mental Health from 2007-2012. The NYS Office of Mental Health operated 23 accredited psychiatric hospitals, and oversaw New York's \$5B public mental health system serving 650,000 individuals annually. Previously Dr. Hogan served as Director of the Ohio Department of Mental Health (1991-2007) and Commissioner of the Connecticut DMH from 1987-1991. He chaired the President's New Freedom Commission on Mental Health in 2002-2003. He was appointed as the first behavioral health representative on the board of The Joint Commission in 2007, and as a member of the National Action Alliance for Suicide Prevention in 2010. He served (1994-1998) on NIMH's National Advisory Mental Health Council, as President of the National Association of State Mental Health Program Directors (2003-2005) and as Board President of NASMHPD's Research Institute (1989-2000). His awards for national leadership include recognition by the National Governor's Association, the National Alliance on Mental Illness, the Campaign for Mental Health Reform, the American College of Mental Health Administration and the American Psychiatric Association. He is a graduate of Cornell University, and earned a MS degree from the State University College in Brockport NY, and a Ph.D. from Syracuse University.



Michael R. Hollander, PhD

Dr. Hollander is Director of Training, "McLean 3East," Senior Consultant at McLean Hospital, and Assistant Professor in Psychology in the Department of Psychiatry at Harvard Medical School. He is a nationally recognized expert on the etiology and treatment of self-injury, and lectures nationally on the subject. He has been treating adolescents and their families for over 40 years and has held numerous positions of

continued >>

clinical leadership at McLean. Dr. Hollander is a co-founder of McLean's exceptional 3East Dialectical Behavior Therapy (DBT) program, and provides consultation to patients, family and staff. He is a trainer for Behavioral Tech, and travels nationally and internationally training clinicians in DBT. In addition to Dr. Hollander's work at 3East, he is a senior supervisor in McLean's Mentalization Based Therapy (MBT) clinic and a supervisor in the Behavioral and Research Training Clinic at the University of Washington. He is on the faculty of the McLean/Massachusetts General child psychiatry fellowship program and was recognized as Teacher of the Year in 1998. In 2008, Dr. Hollander published "Helping Teens Who Cut – Understanding and Ending Self-Injury."



Piet Lammert, MA

Mr. Piet Lammert joined the Camden Hills Regional High School faculty in 1999, the final year in the Knowlton Street facility before the move to the present campus. He served as Director of the School Counseling Department until 2007, when he assumed his current position as Assistant Principal. He is a member of the Maine Principals' Association since 2008, and a member of its Technology Committee since 2010. Mr. Lammert is a graduate of the University of Maine and earned his Master of Arts degree in Counseling Psychology from Boston College. He resides in Rockport with his wife, two sons, and their rescue Pugs Yoda and Mizzy. He can frequently be seen behind a drum set with the band Just Teachers and is a beginning CrossFit athlete.



Christine Linnehan, LCPC, BC-DMT, FT

Christine has been in private practice, Riverview Counseling, in Scarborough, ME for the past 19 years and has been a clinical consultant in the Bereavement Support Program at the Center for Grieving Children since 2004. Previously, she worked in inpatient and partial hospitalization settings that focused on the treatment of trauma. She is a Board-Certified Dance/Movement Therapist and was awarded advanced certification as a Fellow of Thanatology from the Association of Death Education and Counseling. Christine has a special interest in the impact of suicide loss on children and families and has extensive training in complicated grief; restorative retelling; suicide prevention and postvention. She has presented nationally on creative approaches to coping with traumatic bereavement.



Susan Maasch

Susan Maasch is the Executive Director of the Trans Youth Equality Foundation, a Portland Maine-based foundation, founded in 2008, whose mission is to advocate for all gender non-conforming and transgender youth. TYEF shares information about the unique needs of this community, partnering with families, educators and service providers to help foster a healthy, caring and safe environment for all transgender children. Ms. Maasch founded a summer and fall camp for trans youth and holds support groups and workshops throughout the country including Puerto Rico. She has trained schools and lectured on the civil rights and medical rights of trans youth locally, as well as around the country. She has produced the podcast show TransWaves, which educates the public on issues related to trans youth and has been heard in every state on public radio stations. This year the prestigious Transgender Law Center has invited her podcast program to be uploaded to their website and blog giving this program a tremendous audience internationally. She is the proud mother of a healthy college bound transgender son.



Greg A. Marley, LCSW

Greg Marley is the Clinical Director of NAMI Maine and shares the training responsibilities for the Maine Suicide Prevention Program. Greg has practiced in the field of community mental health and prevention in Maine for over 25 years. He leads training and technical assistance efforts for the Maine Suicide Prevention Program, providing suicide prevention, assessment and postvention training and support across the state. Since 2007, Greg has developed and presented training and education supporting the needs of a diverse set of partners in suicide prevention. He comes to this work from a background in crisis and emergency services, substance abuse prevention, and program management. Greg lives in Rockland with his family and spends considerable time messing about with wild and medicinal mushrooms as an author, teacher and forager.



Lt. Glen McGary

Lt. Glen McGary has been a member of the Portland Police Department for 16 years. He presently serves as the Community Services Lieutenant in the Community Policing division. Other roles he has filled with the Portland PD are as Patrol, Community Policing, School Resource Officer, Traffic Investigator, Jetport Supervisor, Internal Affairs Investigator, and Detective Sergeant. He has been with the CIT (Crisis Intervention Team) since it began over ten years ago in Portland.



Benton Milster, MS Ed.

Ben Milster is in his ninth year as the Director of School Counseling at Mt Blue High School, and has been a professional counselor for over 35 years. Previously, he worked as a school counselor and/or administrator at Jay High School, Messalonskee High School and Mt. Abram High School. Earlier in his career, he held positions at the University of Maine at Farmington counseling center, and as a child protective case worker for DHHS in Portland. Ben earned both his Bachelor of Science degree in Sociology and Master of Science degree in Counselor Education from Illinois State University. Currently, he serves on the Executive Board of the Maine Counseling Association as Policy Chair, and has served as a former president of this organization.



Ken Norton, LICSW, ACSW

Ken Norton is the Executive Director of NAMI NH, the National Alliance On Mental Illness. Ken led the development of NAMI NH's Connect Suicide Prevention Program which is designated as a National Best Practice Program in Suicide Prevention, Intervention and Postvention. The Connect Program training has been utilized in over 35 states, 4 countries and 20 tribal nations. Ken played a lead role in legislatively establishing the NH Suicide Prevention Council and serves on several legislatively established commissions related to mental health. Ken has served on numerous workgroups related to suicide prevention in NH and nationally. Ken has presented nationally and internationally on topics related to mental health and suicide prevention and has presented on Safe Messaging and Suicide Prevention for the Department of Defense, Suicide Prevention Resource Center and National Institute on Mental Health. Ken kicked off his career as a philosophy and social work student at the University of Maine.



Zack Paakkonen, Esq.

Zack Paakkonen is an attorney at Portland Legal LLC, a law firm with a focus on LGBTQ issues in Maine. Zack was previously a staff attorney in the Transgender Rights Project at Gay & Lesbian Advocates & Defenders. Zack is from Bucksport, Maine, and is a 2005

continued >>

graduate of Cornell Law School. He also holds a B.A. in Linguistics from the University of Southern Maine. In 2008, Zack co-founded a general practice law firm in Portland, Maine focusing on helping the LGBTQ community. His work has included criminal defense, work with the foster care system, and work as a rostered Guardian ad Litem, as well as representing LGBTQ clients in matters of family law and other matters, advising clients regarding discrimination matters in school and employment, handling matters involving youth in a variety of contexts, and advocacy for transgender people within the penal system and within state government on public policy matters.

Dr. Sheila Pinette

Dr. Sheila Pinette has a diverse medical background. She practiced as a Physician Assistant at St. Francis Hospital in Hartford, Connecticut as an internist from 1984 to 1989. She met and married her husband, Dr. Michael Pinette and moved back to his home community of Cape Elizabeth to develop the outreach program for the State of Maine and the Maternal Fetal Medicine Division at Maine Medical Center. She cared for high-risk moms in the program for seven years. After beginning a family, she returned to medical school in 1996 at the University of New England and graduated with honors in 2000. From there, Dr. Pinette completed her Internal Medicine Residency at Maine Medical Center, graduating in 2003. She is dual boarded by both the allopathic and osteopathic boards of Medicine. She has owned and operated her own practice, Internal Medicine on the Cape, since 2003. Currently, Dr. Pinette is the Director of the Maine Center for Disease Control and Prevention in the Department of Human Services. She also serves on the Community Physicians of Maine board as the Treasurer and is a member of the Finance Committee. She is also the Director of the Communications Committee and the Director of Marketing and Communications. A lifelong learner and educator, Dr. Pinette is a member of the Maine, Southern Maine and National Osteopathic Associations, the Sigma Sigma Phi National Honor Society and an Affiliate Member of the American College of Obstetrics. She is also a Fellow of the American Academy of Physician Assistants. Dr. Pinette resides with her family in Cape Elizabeth, where she is an active member in her church and the community. She is a Girl Scout leader and a strong supporter of many youth organizations.



Monique Poulin, M.S. in Educational Leadership

Monique has worked in the field of education for over twenty years. She began her career as a French teacher in several schools in Maine and has since served as a middle school assistant principal/athletic director and a high school assistant principal and principal in the Mt. Blue Regional School District. She is currently serving as the principal at Skowhegan Area High School. She and her colleagues at Mt. Blue worked to develop policies and procedures related to student memorials that are in line with best practices and recommendations from experts in the field.



Erin Rhoda, MA

Erin Rhoda of Bangor is the editor of Maine Focus, a journalism and community engagement initiative at the Bangor Daily News. Previously she worked as the BDN's editorial page editor, writing the newspaper's opinion on all major matters affecting the state of Maine. For her long-term efforts to shed light on domestic and sexual abuse, she won End Violence Against Women International's annual media award in 2014. Erin graduated summa cum laude from Colby College with a bachelor's in English. She then won the national George J. Mitchell Scholarship to pursue her master's degree in creative writing in Dublin, Ireland. She has also worked and volunteered in several African countries.





Gilles "Gil" Soucy

Gil is the Criminal Justice Coordinator for NAMI-Maine for the past three years. He has coordinated over 30 week-long Crisis Intervention Team (CIT) programs statewide, training over 700 Law Enforcement Officers and First Responders. Gil is nationally certified as an Adult and First Responder Mental Health First Aid trainer for the National Council on Behavioral Health. Previously, he spent 25 years leading and training employees in the telecommunications industry. He attended the University of Maine-Augusta, and has called Winthrop Maine his home for the past 28 years.



Sgt. Dan Stewart, AS in Legal Technology

Sergeant Dan Stewart has 30 years of service in municipal law enforcement, most recently with the Hampden Police Department. He has worked as a D.A.R.E. Officer for ten years, and as the School Resource Officer for Maine Regional School Unit 22 for the last five years, serving the communities of Hampden, Newburgh, Winterport and Frankfort. Sgt. Stewart is trained as an Emergency Medical Technician, a Civil Rights Officer, a School Emergency Response Team member, and has received suicide prevention training through the University of Maine. He is a Certified Instructor for the Maine Criminal Justice Academy, as well as a CPR First Aid Instructor. He is Crisis Intervention Team (CIT) Certified and CPTED (Crime Prevention through Environmental Design) certified. Sgt. Stewart earned an Associate of Science degree in Legal Technology from the University of Maine at Augusta.



Chief Deputy Brett Strout

Brett Strout is the Chief Deputy of the Sagadahoc County Sheriff's Office. He has been in Law Enforcement since 1982, having served twenty-one years with the Brunswick Maine Police Department and another five years with the Topsham Maine Police Department. Chief Deputy Strout holds an Associate's degree in Law Enforcement and a Master's degree in Business Administration.



Lisa Wexler, PhD, MSW

Lisa M. Wexler, Ph.D., MSW, received her doctorate at the University of Minnesota, and is currently an associate professor in the Department of Public Health at the University of Massachusetts in Amherst. Dr. Wexler's collaborative research aims to deepen our understanding of indigenous youth suicide and resilience in ways that offer possibilities for local action. Her published works focus on the intersection of heritage and health (particularly suicide and resilience), cross-cultural issues in mental health services, and collaborative and digital research methods.

Detective Sgt. Christopher J. Young

Detective Sgt. Christopher Young has been with the Rockland Police Department for 19 years, assigned to the Criminal Investigations Division for the last 14. During this time, he has been part of a multi-agency Drug Task Force, and is currently deputized with the U.S. Marshall's Service assigned to a Task Force that investigates pharmacy robberies throughout Maine. Sgt. Young has attended hundreds of hours of training on the investigation of death scenes (homicide, suicide and natural causes) and has been involved with the investigation of well over 100 deaths (homicide, suicide and natural causes.) He is CIT certified and in charge of the department's Crisis Intervention Team and Criminal Investigation Division.

Accommodations

The site is wheelchair accessible. A sign language interpreter and/or other accommodations are available upon request made no later than three weeks prior to this event. Morning refreshments and a buffet lunch will be provided. Please let us know if you have dietary restrictions.

Book sales will be available throughout the day in the lobby.

Contact Hours

Certificates will be emailed upon completion of an online program evaluation.

No partial credit will be given for this activity.

- 5 contact hours pending approval by the Maine Board of Alcohol and Drug Counselors
- 5 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists.
- 5 contact hours for CHES. CCSME is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc.
- 5 CME's approved
- 5 contact hours for nurses. Activity #PA-14-001-26
CCSME Provider Unit is an approved provider of continuing nursing education by NE-MSD, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- Certificate of attendance for 5 contact hours for social workers, licensed clinical professional counselors, and other professionals

For This Educational Activity:

- No conflict of interest exists for planners
- No commercial support was received
- Off label use of products will not be discussed
- Commercial products may be discussed; books will be available for sale outside the main conference room

Refund Policy

Cancellations received in writing by email, fax or mail no later than one week before the event will be refunded minus a \$10 administration fee. Cancellations less than one week before the event and no shows are charged the full registration fee.

If the Conference cannot be held due to acts of God, war, government regulations, disaster, civil disorder or curtailment of transportation facilitating other emergencies making it inadvisable, illegal, or impossible to provide the facilities or to hold the meeting, each prepaid attendee will receive a copy of the conference handouts and any other materials that would have been distributed. Fixed conference expenses will be paid from the pre-registration funds and remaining funds will be refunded to pre-registrants. MSPP is not responsible for any other costs incurred by pre-registrants in connection with the Conference, nor is it responsible for unforeseen changes to the agenda. The views and opinions expressed by presenters are their own and do not necessarily represent those of MSPP. MSPP disclaims any responsibility for the use and application of information presented at this conference.

**REGISTER
ONLINE!**



You can register online, choose breakout sessions, and pay with your credit card by going to:

<http://msppconference2015.eventbrite.com>

Unable to register online? Complete and mail or fax this form with your check or purchase order.

REGISTRATION

Beyond the Basics in Suicide Prevention:

Pathway to Prevention – Working Toward Zero Suicide in Maine

DATE Thursday, May 7, 2015
TIME 8:30 AM – 3:30 PM • Registration begins at 8:00 AM
LOCATION Abromson Center, University of Southern Maine, Portland, Maine
FEE \$85

Name and Credentials

Organization

Address

City

State

Zip

Telephone

Fax

Email

**Choose your breakout sessions.
Circle your first and second choices.**

Sessions A • 11:00 AM – 12:15 PM

1st choice: A1 A2 A3 A4 A5 A6

2nd choice: A1 A2 A3 A4 A5 A6

Sessions B • 1:15 – 2:30 PM

1st choice: B1 B2 B3 B4 B5

2nd choice: B1 B2 B3 B4 B5

Costs:

Conference Fee \$85.00

YOUR TOTAL: _____

Method of Payment:

Check payable to CCSME

Purchase order number#

Registrations accepted with a check or purchase order only.

Mail this form to CCSME with a check, or fax a copy of your purchase order to:

CCSME: 94 Auburn Street, Ste. 110, Portland, ME 04103
Tel. 207-878-6170 • Fax. 207-878-6172 Email: ccsme@ccsme.org



Department of Health and Human Services

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

A Special Thank You to the Beyond the Basics 2015 Planning Committee

Steve Addario

Kate Chichester

Greg Marley

Susan Berry

Dee Kerry DeHaas

Jeb Murphy

Heather Carter

Jeanne Hackett

Emily Weston

Rich Chammings

Kaiti Littlefield

Katharyn Zwicker

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333-0011, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.