

# Welcome to the 2022 Zero Suicide Summit

Registration & Check – In 8:00 – 8:30	
8:30 – 8:50 Welcome Address  <b>Zoom Link:</b> <a href="https://utah-gov.zoom.us/j/5560363396">https://utah-gov.zoom.us/j/5560363396</a>	
Keynote Address 8:35 – 9:35	
<i>Dialectical Behavior Therapy</i> - Ursula Whiteside	Evaluation: 
Break 9:35 – 9:45	
Keynote Address 9:45 – 10:45	
<i>Beyond Self Care: A Revolutionary Approach for Preventing Burnout</i> - Leah Harris	Evaluation: 
Break 10:45 – 11:00	

Ballroom A	Ballroom C
Zoom Link: <a href="https://utah-gov.zoom.us/j/5560363396">https://utah-gov.zoom.us/j/5560363396</a>	Zoom Link: <a href="https://utah-gov.zoom.us/j/3178294406">https://utah-gov.zoom.us/j/3178294406</a>
<b>Breakout 1</b> <b>11:00 – 12:00</b>	
Managing Intense Emotional Emergencies: Using Micro-Interventions to plan for "On Fire" Moments - Ursula Whiteside	988 and the New Age of Crisis Care – Nichole Cunha
<b>Lunch</b> <b>12:00 – 1:00</b>	
<b>Breakout 2</b> <b>1:00 – 2:00</b>	
Holding on With Letting Go: Navigating Grief and Loss in Our Work - Leah Harris	Innovation in Zero Suicide Workforce Education and Practice – Sarah Donovan
<b>Break 2:00 – 2:10</b>	
<b>Breakout 3</b> <b>2:10 – 3:10</b>	
Gender Identity Etiquette: Caring for Gender Diverse Patients for Clinicians – Ray Bailey	Noticing, Naming and Neutralizing Bias in Clinical Work with Diverse Clients – Kimberly Applewhite
<b>Break 3:10 – 3:20</b>	
<b>Breakout 4</b> <b>3:30 – 4:30</b>	
Clinical Considerations for Lethal Means Counseling – Mike Woodruff & Kim Myers	Understand the Role of Psychoeducation When Working with Individuals who are Suicidal – Rachael Jasperson & Doug Thomas

## Keynote Address

**Zoom Link:** <https://utah-gov.zoom.us/j/5560363396>

### **Dialectical Behavior Therapy**

*Ursula Whiteside - Licensed Clinical Psychologist DBT  
Founder and Director, NowMattersNow.org; Clinical Faculty, University of Washington*



As part of a Zero Suicide implementation, providers need simple approaches and brief evidence-based interventions to immediately support those at increased risk for suicide. This is especially when more intensive treatments such as Dialectical Behavior Therapy are currently unavailable. This keynote will include methods for linking assessment directly to intervention and hope; free evidence-based resources for providers and their patients (and the families); and related lived experience research and guidance.

Objectives:

1. Understand how the seven Zero Suicide elements correspond to national guidelines for care of people at risk for suicide.
2. Be prepared to describe Dr. Marsha Lin]ehan's biopsychosocial theory of emotion dysregulation (the Stress Mode here, for short) to those you serve.
3. Based on lived experience guidance, understand compassionate and accurate language recommendations and follow guiding principles for sitting with someone who is suicidal.

### **Beyond Self Care: A Revolutionary Approach for Preventing Burnout**

*Leah Harris M.A.  
Founder and CEO, Shifa Consulting*

This keynote will introduce an alternative approach to worker burnout and vicarious trauma, using a social-justice oriented framework developed by social worker Vikki Reynolds and her peer-led team. Using a combination of video, discussion, and reflective exercises, this keynote explores why self-care is not enough in and of itself to prevent burnout. Discussion will highlight the vital importance of collective care and solidarity to nourish our hope, keep us aligned with our ethics, and nurture sustainability across the lifespan.



Objectives:

1. Discuss the function of self-care as it relates to burnout.
2. Describe the limitations of self-care in preventing burnout.
3. Name concrete strategies for collective care.

**Keynote Evaluation:** Please use this same link for ***both*** presentations.



### Breakout Session 1

11:00 - 12:00

#### **Managing Intense Emotional Emergencies: Using Micro-Interventions to Plan for "On Fire" Moments – Ballroom A**

<https://utah-gov.zoom.us/j/5560363396>

*Ursula Whiteside*

*Founder and Director, NowMattersNow.org; Clinical Faculty, University of Washington*

Suicide and other negative life-impacting decisions appear to be made, at least in a great number of occurrences, in a brief period of time. This breakout will include simple and lived experience informed explanations for this phenomenon and a number of practical steps to help prepare you, your loved ones, and those you serve for life's most hot moments. Much like stop, drop and roll for being on fire physically, we need the same preparation for what to do when we are on fire emotionally.

Objectives:

1. Learn how intense emotional emergencies arise and affect our abilities to act effectively.
2. Understand how cold temperature can be applied to your physiology and emotions.
3. Familiarize oneself with free online resources for intense emotional emergencies.

#### **988 and the New Age of Crisis Care – Ballroom C**

<https://utah-gov.zoom.us/j/3178294406>

*Nichole Cunha, LCSW*

*Crisis Administrator, Division of Substance Abuse and Mental Health*

On July 16th, 2022 the Nation heralds a transformative moment, a momentous change in the field of Behavioral Health by connecting anyone in crisis to an easy to remember three-digit dialing, texting, and chat code. Learn how 988 this moment has the potential to transform crisis services by increasing access to life-saving interventions, and how you play a critical role in this momentous transition.

Objectives:

1. Learn about what 988 is, how it works, why we need it, and the vision driving 988's creation.
2. Gain a high level understanding of Utah specific and national crisis resources and how to access, use, and support clients with this programming.
3. Understand the critical differences between 988 and other critical access points such as 911, 211, and other resources such as Intermountain's Behavioral Health Navigation line.

### Breakout Session 1 Evaluation

11:00 - 12:00

Breakout 1  
Evaluation



### Breakout Session 2

1:00 - 2:00

#### **Holding on with Letting Go: Navigating Grief and Loss in our Work - Ballroom A**

<https://utah-gov.zoom.us/j/5560363396>

*Leah Harris M.A.*

*Founder and CEO, Shifa Consulting*

In this interactive workshop, Leah will introduce ideas around grief, loss, and burnout drawn from the social-justice inspired framework of Vikki Reynolds and her peer-led team. We'll look at why discerning between tragic death and dignified death is so important to our sustainability in these times. And we'll explore the "Holding on with Letting Go" process, a meaningful way of metabolizing the losses we face in our lives and work.

Objectives:

1. Differentiate between tragic death and meaningful, dignified death.
2. Discuss how grief, loss, and worker burnout are connected.
3. Describe what "holding on with letting go" means in our work.

#### **Innovation in Zero Suicide Workforce Education and Practice - Ballroom C**

<https://utah-gov.zoom.us/j/3178294406>

*Sarah Donovan, PsyD*

*Director of Learning Transfer and Sustainability, SafeSide Prevention*

This breakout session will provide an overview of core tasks for suicide prevention: Connect-Assess-Respond-Extend. Presenters will use the SafeSide Framework for Recovery-Oriented Suicide Prevention and describe an innovative approach to initial education and ongoing engagement of the health workforce as part of Zero Suicide. Rationale, resources, and examples of prevention-oriented risk formulation will be provided and participants will learn how their organization can obtain training with SafeSide Prevention.

Objectives:

1. Participants will be able to state the value of offering sustainable, ongoing workforce education as a key component of suicide prevention in Zero Suicide.
2. Participants will be able to name four core tasks in suicide prevention within the SafeSide Framework.
3. Participants will understand the goals of prevention-oriented risk formulation.

### Breakout Session 2 Evaluation

1:00 – 2:00

**Breakout Session 2  
Evaluation:**



### Breakout Session 3

2:10 - 3:10

#### **Gender Identity Etiquette: Caring for Gender Diverse Patients for Clinicians - Ballroom A**

<https://utah-gov.zoom.us/j/5560363396>

*Ray Bailey, MS*

*Youth Suicide Prevention Program Manager, LGBTQ+ Suicide Prevention Workgroup Co-Chair, USPC*

Transgender and gender diverse people are at an elevated risk for suicide and other adverse outcomes. Understanding how to respect gender diversity through affirmation of name, pronouns, and possible barriers faced by these Utahns is crucial to providing appropriate care for these individuals that allows for better outcomes and a reduced rate of suicidal behaviors.

Objectives:

1. Able to use a variety of gender pronouns appropriately and correctly.
2. Identifying unique risk factors for transgender and gender diverse Utahns.

3. Apply the basics of affirming care for transgender and gender diverse Utahns in clinical settings.

### **Noticing, Naming and Neutralizing Bias in Clinical Work with Diverse Clients**

**- Ballroom C**

<https://utah-gov.zoom.us/j/3178294406>

*Kimberly Applewhite, PsyD*

*Licensed Clinical Psychologist, Dialectical Behavior Therapy program coordinator, Utah Center for Evidence Based Treatment; Adjunct Instructor, Department of Psychiatry, University of Utah; co-founder, The Black Clinicians*

Therapists and others in helping professions often commit to ethical principles encouraging willingness to work with clients with multiple elements of diversity (e.g. ethnic/racial, gender, sexuality) and being aware of biases; however, sometimes the desire to avoid biases in clinical work can contribute to a willfulness around noticing and naming biases as they arise. This session will apply third-wave principles and other skills-based techniques to exploring how clinicians and other professionals encounter biases in work with diverse clients, so that participants can move toward "neutralizing" the effect of biases in their client relationships.

Objectives:

1. Participants will be able to identify their positionality in terms of mindset, willingness, and ability to engage with diverse clients.
2. Participants will be able to better notice and name bodily and emotional responses when approaching differences in working with diverse clients.
3. Participants will be able to apply third-wave clinical principles (i.e. MI, ACT, DBT) to practice openness in clinical work as it relates to neutralizing bias.

#### **Breakout Session 3 Evaluation**

**2:10 – 3:10**

**Breakout Session 3  
Evaluation:**



#### **Breakout Session 4**

**3:30 - 4:30**

**Clinical Considerations for Lethal Means Counseling  
- Ballroom A**

<https://utah-gov.zoom.us/j/5560363396>

*Mike Woodruff, MD  
MD, Chief Patient Experience Officer, Intermountain Healthcare*

*Kimberly Myers, MSW  
Behavioral Health Clinical Programs Manager, Intermountain Healthcare*

In this session we will identify the role of lethal means counseling in suicide prevention and go through a three-step action plan for counseling on access to lethal means. We will discuss clinical considerations as well as engagement strategies to increase implementation of this intervention. Objectives:

1. Identify the role of lethal means counseling in suicide prevention.
2. Teach and practice a three-step model for counseling of access to lethal means.
3. Discuss 'good, better, best' approaches to patient/support system engagement when discussing lethal means.

**Understanding the Role of Psychoeducation When Working with Individuals who are Suicidal  
- Ballroom C**

<https://utah-gov.zoom.us/j/3178294406>

*Rachael Jaspersen, LCSW, PhD, MBA  
Zero Suicide Program Manager, University of Utah Health*

*Doug Thomas, MSW, LCSW  
Community Health Director, Intermountain Healthcare*

Psychoeducation is a process of providing mental health education in order to help people better understand and cope with psychological difficulties. In this session we will discuss the role of psychoeducation in the treatment of individuals struggling with suicidal thoughts and feelings. We will provide examples of psychoeducational approaches and discuss how to implement these techniques.

Objectives:

1. Understand the role of psychoeducation when working with individuals who are suicidal.
2. Learn some psychoeducational approaches for treating individuals struggling with suicidal.
3. Develop knowledge for implementing psychoeducation with individuals dealing with suicide.

**Breakout Session 4 Evaluation**

**3:30 – 4:30**

**Breakout Session 4  
Evaluation**



Thank you for attending the 2022 Zero Suicide Summit.