

# 2023 Utah Zero Suicide Summit

Friday, August 11th

Agenda	
7:30 – 8:00 AM	Registration / Breakfast
8:00 -8:30 AM	Opening Remarks
Morning Keynote 8:35-9:35 AM	<i>Called to Serve: Embracing Hope During Uncertainty</i> <i>Tandra Rutledge, MA, Found &amp; Chief Transformation Officer, Avidity LLC</i>
9:35-9:45 AM	Break

Time	Grand Ballroom	Room 150 A	Room 150 H	Room 220/224	Room 209/213
Breakout Session 1 9:45 – 10:45 AM	<b>Taking Care of Ourselves as we do the work of Suicide Prevention and Postvention</b> Katherine Supiano	<b>Responding to Mental Health Needs of Transgender and Gender Diverse Youth</b> Corinne Espinoza	<b>Unveiling the Connection: Understanding Racism and Mental Health in Counseling</b> Tandra Rutledge	<b>Mental Health Across a Lifespan – Everyday Strong</b> Michaelann Gardner	<b>Developing a Therapeutic Alliance with Individuals at Risk for Suicide</b> Anna Leiber
10:45 - 11:00 AM	Break				
Time	Grand Ballroom	Room 150 A	Room 150 H	Room 220/224	Room 209/213
Breakout Session 2: 11:00 AM – 12:00 PM	<b>Utah's Voluntary Temporary Firearm Restriction List: What Health Care Providers Can Do.</b> Jacob Dunn & Carol Ruddell	<b>Mindful Approach to Inclusivity – Bias Transference, Counter Transference Pt. 1</b> Steven Vigil	<b>Positive Effects of Integrated Behavioral Health</b> David L Zolman Jr.	<b>A Developmental Approach to Grief in Children</b> Orley Bills	<b>Creating A Caring Compassionate Culture: A Social Norms Campaign to Increase Caregiver Self Care, Help Seeking and Help Giving Behaviors</b> Doug Thomas & Emily Stirling
12:00 – 12:45 PM	Lunch Break - Grand Ballroom				

Afternoon Keynote 12:45 – 1:45 PM	<i>Mental Health Equity Improvements Based on Digital Technologies</i> <i>Greg Licholai, MD Yale School of Management</i>				
1:45 – 2:00 PM	Break				
Time	Grand Ballroom	Room 150 A	Room 150 H	Room 220/224	Room 209/213
Breakout Session 3: 2:00 – 3:00 PM	<b>Digital Therapeutics, Suicide Prevention and Behavioral Health: Current Concepts and Future Strategies</b> Greg Licholi & Caroline Fenkel	<b>Mindful Approach to Inclusivity – Bias Transference, Counter Transference Pt. 2</b> Steven Vigil	<b>After a Suicide: Healing our Communities and Ourselves</b> Carol Ruddell	<b>The Technology of Survival Pt. 1</b> Russell Peterson	<b>Utah's Crisis Continuum</b> Kaitlin Oliver
3:00 – 3:15 PM	Break				

Breakout Session 4: 3:15 – 4:15 PM	<b>Suicide Prevention Principles and the Interplay of Substance Use</b> Allison Foust & Veronica Little	<b>American Foundation for Suicide Prevention, Project 2025</b> Brandon Callor	<b>Altruistic Self Care: Lessons Learned along Utah’s Highline Trail.</b> Scott Eyre	<b>The Technology of Survival Pt. 2</b> Russell Peterson	<b>Zero Suicide Collaborative</b> PANEL Discussion.
4:15– 4:30 PM	Pick up certificates at registration.				

## Agenda

### Continuing Education Information

- **In -Person** attendees must attend **entire** day to receive a CEU certificate.
- **Virtual Attendees** must have their display name the same as registered name in order to receive a CEU certificate.
- **All** attendees must complete session evaluations to receive CEU's.

### Keynote Address 8:30 - 9:30

#### Called to Serve: Embracing Hope During Uncertainty

*Tandra Rutledge*

*Founder and Chief Transformation Officer, Avidity LLC*

This presentation aims to empower healthcare professionals with the tools and inspiration necessary to navigate the challenges and uncertainties they face in their profession. This presentation will delve into the profound calling that guides healthcare providers in their service to others. Through captivating stories and insightful anecdotes, attendees will be reminded of the profound impact they have on individuals and communities alike. This presentation will highlight the specific challenges faced by healthcare professionals in today's world, particularly in the context of uncertainty and change. By embracing hope, cultivating resilience, and standing strong in the face of uncertainty, providers can continue to make a lasting impact on the lives of those they serve.

#### Objectives:

1. Attendees will gain practical tools and techniques for maintaining their own mental well-being.
2. Attendees will be prepared to create a supportive environment to help their clients navigate the complexities of uncertainty.
3. Attendees will learn strategies for embracing hope and fostering resilience in both themselves and their clients.

## Breakout Session 1:

### 9:50 – 10:50

#### **Taking care of ourselves as we do the work of suicide prevention and postvention.**

*Katherine, Supiano, PhD, LCSW, F-GSA, FT, APHSW-c*

*Associate Professor and director Caring Connections: A Hope and Comfort in Grief Program, University of Utah college of Nursing.*

In our post-pandemic world, professionals in the area of suicide prevention and postvention continue to work tirelessly in the face of unrelenting concern for those impacted by suicide risk and suicide loss. Often, those last to obtain care and support are the very clinicians and agencies on the front lines of this work. This session is designed to provide information and ideas for replenishment for those doing the work of suicide prevention/postvention.

#### **Objectives:**

1. Participants will gain insight on the immediate and long-term impact of work in this area on their personal and professional lives.
2. Participants will develop two approaches to apply to their own self-care.
3. Participants will experience a restorative activity to bring back to their agencies.

#### **Responding to Mental Health Needs of Transgender and Gender Diverse Youth**

*Corinne Espinoza, PHD*

*Pediatric Psychologist, University of Utah School of Medicine/Primary Children's Hospital*

This session will support providers in understanding the unique mental health needs of transgender and gender diverse youth. Transgender youth experience elevated risk of suicide and self-harm, among other mental health symptoms, when compared with their cisgender peers. This session will discuss factors that influence this disparity and provide strategies to help those working with transgender youth respond to their needs.

#### **Objectives:**

1. Attendees will be able to describe ways in which TGD (transgender and gender diverse) youth are at increased risk of mental health symptoms and conditions.
2. Attendees will be able to understand the influence of disparities associated with minority stress on mental health concerns in TGD youth.
3. Attendees will be able to identify evidence-based recommendations for supporting positive mental health outcomes and safety in TGD youth.

## **Unveiling The Connection: Understanding Racism and Mental Health Counseling**

*Tandra Rutledge, MA*

*Founder and Chief Transformation Officer, Avidity LLC*

In an increasingly diverse and multicultural world, it is imperative for clinicians to understand the impact of racism on individuals' mental well-being and to provide culturally sensitive and inclusive care. During this interactive workshop, participants will engage in thought-provoking discussions and experiential exercises to deepen their understanding of the complex relationship between racism and mental health. Drawing from research, real-life scenarios, and expert insights, the facilitator will shed light on the various ways in which racism manifests in individuals' lives and the resulting psychological implications.

### **Objectives:**

1. Attendees will be able to develop an awareness of the historical and contemporary manifestations of racism and their impact on mental health outcomes.
2. Attendees will be able to identify strategies and tools for providing culturally sensitive and inclusive counseling to racially diverse clients.
3. Attendees will be able to develop an understanding of the clinician's role in advocating for social justice and equity in mental health care.

## **Mental Health Across the Lifespan – Everyday Strong**

*Michaelann Gardner*

*Director of Everyday Strong*

Attendees will be able to understand how to take youth and themselves from surviving to thriving. They will learn how safety, connection, and confidence give youth a space to grow and learn but can also be a tool to prevent burnout in themselves. Attendees will learn how to apply these tools to everyday situations through a simple, research-based framework.

### **Objectives:**

1. Attendees will learn the importance of our mental health when helping others.
2. Attendees will learn how helping others by helping ourselves.
3. Attendees will learn that better mental health equals better connections.

## Developing a Therapeutic Alliance with Individuals at Risk for Suicide

*Anna Lieber, LCMHC, NCC-CCE,  
Clinical Director – Westminster University*

One of the most important skills in working with individuals who are suicidal is to build a therapeutic alliance. One effective way to do this is to learn to empathize with the suicidal wish while simultaneously instilling hope. This presentation will provide specific techniques/skills to empathize with the suicidal wish to increase rapport and improve safety planning, with the goal to decrease the intensity of the suicidal wish.

### Objectives:

1. Attendees will identify 3 ways to empathize with the suicidal wish.
2. Attendees will identify 3 ways to manage your emotional reactions to suicidal behavior.
3. Attendees will identify 3 considerations when conducting suicide risk assessments.

## Breakout Session 2: 11:00 – 12:00

### Utah's Voluntary Temporary Firearm Restriction List: What Health Care Providers Can Do.

*Jacob Dunn, BCI  
Field Service Manager, Department of Public Safety*

*Carol Ruddell  
Administrator, DHHS Office of Substance Use and Mental Health*

In 2023, Utah expanded the voluntary restriction on firearm purchase and possession to allow for an individual to direct their healthcare provider to support them in electronically requesting placement on the list. A person may place themselves on a list that restricts their ability to purchase or possess firearms for a minimum of 30 days, and up to 6 months. Learn the process and what is expected of healthcare workers to assist their clients.

### Objectives:

1. Attendees will identify temporary firearm restrictions list.
2. Attendees will identify strategies of means safety.
3. Attendees will identify the steps to assisting a client to place their name on the voluntary firearm restriction list.



## **Mindful Approach to Inclusivity – Bias, Transference, Counter Transference (Part 1)**

*Steven Vigil,*

*Field Director, Department of Social Work and Gerontology, Weber State University*

This breakout session will provide an opportunity to self-reflect on our own intersectionality (life experience) and understand how it impacts our interaction with patients. The participant will analyze their own bias associated with race, class, gender, sexual orientation, religion, and spirituality. Finally, It will assist the participant in understanding the importance of looking at transference and countertransference when providing comprehensive client care to consumers i.e. to judge less and listen more to the clients experience without defensiveness.

### **Objectives:**

1. Attendees will become aware of our own intersectionality and its impact on the client/worker relationship.
2. Attendees will understand how bias, transference, and counter transference are present in every relationship.
3. Attendees will learn DBT/CBT skills that can be effective in developing health interactions with

## **Positive Effects of Integrated Behavioral Health**

*David Zolman, LMFT*

*Director of Behavioral Health – Family Healthcare*

Come learn how Family Healthcare has integrated behavioral health into their primary care setting. See the data that proves its effectiveness and what you can do to make an impact too!

### **Objectives:**

1. Attendees will be able to describe the concepts in Integrated Behavioral Health (IBH).
2. Attendees will review the relevant clinical interventions used in a clinical setting.
3. Attendees will receive data around the benefits of IBH.

## **A Developmental Approach to Grief in Children**

*Orley Bills III, LCSW, ACHP-SW, C-SWHC*

*IEAP Consultant for Intermountain Healthcare*

When kids experience the death of someone they love, parents/families often ask, "How do I help my child?" This presentation will look at developmental stages of grief for children, what to look for, and how to help.

### **Objectives:**

1. Attendees will receive an overview of grief and reflect on how they themselves grieve.
2. Attendees will discuss the developmental stages in grief for children.
3. Attendees will learn tools to help address grief in children.

## **Creating a Caring Compassionate Culture: A Social Norms Campaign to Increase Caregiver Self Care, Help Seeking and Help Giving Behaviors.**

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

*Emily Stirling, MBA, MRC  
Director, Caregiver Social Well-Being Intermountain Healthcare.*

With healthcare workforce stress at an all-time high, come learn about a unique partnership with an advertising agency to encourage a work culture that embraces self-care, help seeking and help giving behaviors. Review and receive a Postvention template that you can use to review your agency's response to a rapid event investigation, traumatic event, or suicide. Learn about a free resource to increase mindfulness, mental well-being connection and work satisfaction for you and your employees.

### **Objectives:**

1. Attendees will learn how to create a culture that embraces self-care, help seeking and help giving behaviors.
2. Attendees will learn about evidence based postvention practices you can put in place to support leaders and caregiver response after a suicide to decrease risk, provide support and link to internal and external resources.
3. Participants will learn about a free resources to increase mindfulness, mental well-being connection and work satisfaction for you and your employees.

## **Keynote Address 12:45 – 1:45**

### **Mental Health Equity Improvements Based on Digital Technologies**

*Gregory P. Licholai MD  
Lecturer, Yale School of Management, chief Medical and Chief Innovation Officer, ICON plc.*

The session will begin with an overview of health equity and access challenges facing clinicians, caregivers, patients and families with mental and behavioral issues. We will examine how digital health technologies have emerged and may be able to address equity and access. We will discuss what types of digital technologies may be focused on mental and behavioral health equity and access challenges.

### **Objectives:**

1. Attendees will have an overview of mental health equity challenges.
2. Attendees will review digital health technologies opportunities and challenges.
3. Attendees will participate in a discussion of digital health technologies that may improve mental and behavioral.

## Breakout Session 3

### 2:00 – 3:00

#### **Mental Health Equity Improvements Based on Digital Technologies**

*Gregory P. Licholai MD*

*Lecturer, Yale School of Management, Chief Medical and Chief Innovation Officer, ICON plc.*

*Dr. Caroline Fenkel, DSW, LCSW*

*Chief Clinical Officer of Charlie Health*

In this presentation, participants will learn the history of development of digital therapeutics in behavioral health and suicide prevention, as well as current trends and future directions. This presentation will also discuss the challenges and opportunities for therapy development in addition to discussing realistic expectations about logistical aspects of digital therapeutics including regulatory aspects, clinical aspects, and reimbursement issues.

#### **Objectives:**

1. Participants will be able to understand indications, regulatory aspects, clinical aspects, reimbursement issues, development, challenges, and trends.
2. Attendees will understand the history of development of digital therapeutics in behavioral

#### **Mindful Approach to Inclusivity – Bias, Transference, Counter Transference (Part 2)**

*Steven Vigil,*

*Field Director, Department of Social Work and Gerontology, Weber State University*

This breakout session will provide an opportunity to self-reflect on our own intersectionality (life experience) and understand how it impacts our interaction with patients. It will have the participant analyze their own bias associated with race, class, gender, sexual orientation, religion, and spirituality. It finally will assist the participant in understanding the importance of looking at transference and countertransference when providing comprehensive client care to consumers i.e. to judge less and listen more to the clients experience without defensiveness.

#### **Objectives:**

1. Attendees will become aware of our own intersectionality and its impact on the client/worker relationship.
2. Attendees will understand how bias, transference, and counter transference are present in every relationship.
3. Attendees will learn DBT/CBT skills that can be effective in developing health interactions with

## **After a Suicide: Healing Our Communities and Ourselves**

*Carol Ruddell*

*Administration, DHHS Office of Substance Use and Mental Health*

This session will explore how we can help ourselves and others heal after a loss, prevent additional suicide attempts and deaths, and keep our vision and energy for the difficult but rewarding work we are engaged in. Discussion will include practical strategies for self-care, prevention of additional suicide deaths, and promotion of hope and healing. Attendees will also complete a self-reflection of personal beliefs and actions.

### **Objectives:**

1. Attendees will understand the impact of a suicide death on individuals, families, workplaces, communities, etc.
2. Attendees will identify why postvention is also suicide prevention.
3. Attendees will identify strategies for healing themselves and helping others to heal following a suicide death.

## **The Technology of Survival – Part 1**

*Russell Peterson, CMHC*

*Military Family Life Counselor, Hill Air Force Base*

Fear exists to create awareness of danger, and it's so important that a failure of the fear system would be lethal. Consequently, the fear system is designed to "fail safe" (over-function) into anxiety. The other survival systems we sometimes call emotion (grief, anger, and guilt) are likewise designed to fail safe into over-function (depression, rage/aggression, etc.) because they can't shut down; this new understanding reframes emotion and its over-function from weakness into strength.

### **Objectives:**

1. Attendees will learn how emotions can be related to survival instincts.
2. Attendees will understand that because emotions are related to survival, they can over-function.
3. Attendees will learn how over-function can be framed in terms of strength, especially with regard to suicide prevention.

## Utah's Crisis Continuum

*Kaitlin Oliver LCSW*

*Program Administrator, Utah Office of Substance Use and Mental Health*

This session will review Utah's crisis continuum. Participants will learn how 988 works, how to call mobile crisis outreach teams, and how to access receiving centers. Participants will better understand what services crisis teams can provide.

### Objectives:

1. Attendees will understand what crisis resources are available in Utah.
2. Attendees will understand how to access crisis resources in Utah.
3. Attendees will better understand crisis data and the effectiveness of crisis services in Utah.

## Breakout Session 4

3:15 - 4:15

### Suicide Prevention Principles and interplay of Substance Use

*Allison Foust*

*Suicide Prevention Program Administrator, Utah Department of Health and Human Services*

*VaRonica Little*

*Program Administrator, State Opioid Response Grants*

This presentation will provide a comprehensive overview of the intersection of suicide risk and opioid use or substance use by offering supportive research and relevant data, and key prevention and intervention strategies.

### Objectives:

1. Describe Scott's natural history of recovery (from an adverse event).
2. Explain how guiding ideals of medicine can get in the way of recovery.
3. List practical steps peers can take to support fellow healthcare workers.

## American Foundations for Suicide Prevention: Project 2025

*Brandon Callor, MSW*

*Public Policy Chair, American Foundations for Suicide Prevention*

American Foundation for Suicide Prevention proposed a nationwide initiative to reduce the rate of suicide in the U.S. 20 percent by 2025. This bold initiative is called Project 2025. Despite more research, education, awareness and treatment to prevent suicide, the rate of suicide continues to rise in the U.S. Suicide is the 10th leading cause of death and we lose more than 47,000 people each year. By delivering effective approaches that identify those at risk and provide evidence-based suicide prevention interventions, and by taking these activities to a scale not seen before, we can save lives.

### Objectives:

1. Attendees will understand the scope of the problem.
2. Attendees will learn about AFSP's Project 2025
3. Attendees will learn how to implement strategies proposed by Project 2025

## Altruistic Self Care. Lessons Learned Along Utah's Highline Trail

*Scott Eyre CSW*

*School Mental Health Specialist, Offices of Substance Use and Mental Health, DHHS*

For those who choose to enter the helping professions, sacrificing ourselves for the good of others often comes naturally. We willingly take on the burden, fueled by the understanding that what we do can make a difference in the lives of others. For many of us, it's not a choice, it's who we are. But this often comes at a cost. In this session participants will hear an account of Scott's life changing experience while hiking the Uinta Highline Trail; how the lessons learned along the way apply to those working within the helping professions; and how prioritizing your own self-care will better prepare you to be of service to others.

### Objectives:

1. Attendees will become familiar with the complexities of "the self" and learn to take honest inventory of its wellness.
2. Participants will better understand how prioritizing self-care can make you more effective when helping others.
3. Attendees will learn the importance of relying on others in order to provide the best possible help.

## The Technology of Survival – Part 2

*Russell Peterson, CMHC*

*Military Family Life Counselor, Hill Air Force Base*

Fear exists to create awareness of danger, and it's so important that a failure of the fear system would be lethal. Consequently, the fear system is designed to "fail safe" (over-function) into anxiety. The other survival systems we sometimes call emotion (grief, anger, and guilt) are likewise designed to fail safe into over-function (depression, rage/aggression, etc.) because they can't shut down; this new understanding reframes emotion and its over-function from weakness into strength.

### Objectives:

1. Attendees will learn how emotions can be related to survival instincts.
2. Attendees will understand that because emotions are related to survival, they can over-function.
3. Attendees will learn how over-function can be framed in terms of strength, especially with regard to suicide prevention.

## Zero Suicide in Utah

*Ginger Belone, RN, BSN, PMHNP-BC*

*Zero Suicide Team Lead, Utah State Hospital*

*Dan Braun, LCSW*

*Behavioral Health Integration Director Wasatch Pediatrics*

*Jackie Keel*

*Juvenile Competency Attainment Program Administrator*

Join us to learn how organizations are improving suicide care using the Zero Suicide framework. Zero Suicide is a way to improve suicide care within health and behavioral health systems with a foundational belief of Zero Suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable.

### Objectives:

1. Learn about the seven elements of Zero Suicide.
2. Learn about examples of how organizations have implemented the Zero Suicide Framework.
3. Learn and discuss specific strategies to improve suicide care within health and behavioral health systems.