

2025 Utah Zero Suicide Summit

Friday, Aug 1, 2025

Agenda

8:00 -8:15	Opening Remarks Welcome Address and Run of Day Logistics			
Morning Keynote 8:15-9:15	<i>Working with parents and caregivers to reduce the risk of youth suicide.</i> <i>Kurt Michael, Ph.D Senior Clinical Director, The Jed Foundation</i>			
9:15 - 9:30	Break			
Time	Grand Ballroom	Room 150 A	Room 150 H	Room 220/224
Breakout Session 1 9:30 - 10:30	The Essential Active Ingredients in Safety Planning - K. Michael	Suicide Prevention: Addressing Unique Needs and Harnessing Strengths Across Utah's Populations - J. Martinez	Part 1: Guiding Toward Life: Motivational Interviewing's Approach to Increasing the Motivation and Confidence to Live - Brad Lundhal	Part 1: The Future Promise and Power of Transdiagnostic Treatment - D. Carver
10:30 - 10:45	Break			
Time	Grand Ballroom	Room 150 A	Room 150 H	Room 220/224
Breakout Session 2: 10:45 - 11:45	Peer Supports and Patient Advocacy - A. Campbell & Panel	Counseling on Access to Lethal Means (CALM) to Prevent Suicide - D. Thomas	Part 2: Guiding Toward Life: Motivational Interviewing's Approach to Increasing the Motivation and Confidence to Live - Brad Lundhal	Part 2: The Future Promise and Power of Transdiagnostic Treatment - D. Carver
11:45 - 12:45	Lunch Break - Grand Ballroom			

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TIME	Grand Ballroom	Room 150 A	Room 150 H	Room 220/224
Breakout Session 3: 12:45 – 1:45	Suicide Prevention: Risk Management and Clinical Documentation Considerations - R. Jaspersen	The Crisis Continuum Panel - T. Kodel	Hours, Not Weeks: Ketamine and the Urgent Need for Relief from Suicidal Ideation - Dr. C. Recksiek	Part 1: IFS Perspective on the Development of Depression and Suicidal Ideology and How to Address Them - T. Hatch
1:45 - 2:00	Break			
Breakout Session 4: 2:00 – 3:00	An Intersubjective Self Psychology Approach to Treating Suicidal Patients: Engaging with the Leading and Trailing Edges of Therapist and Patient Experience - J. Zamora	Suicide Prevention for Students with Disabilities: Identifying Risk Factors, Warning Signs, and Effective Prevention Strategies - H. Bell	Suicide Prevention Efforts and the Latino Community in Wasatch and Summit County. - S. De Chazal	Part 2: IFS Perspective on the Development of Depression and Suicidal Ideology - and How to Address Them - T. Hatch
3:00– 3:15	Break			
Breakout Session 5: 3:15 – 4:15	Untangling the Threads: Addressing Co-Occurring Disorders - V. Westmoreland	The Collaborative Assessment and Management of Suicidality (CAMS) as a Single Session Intervention (SSI) for Patients Admitted to Inpatient Psychiatric Care for Suicidal Thoughts and Behaviors - N. Oakey Frost	Exploring the intersection of Research, Experience and Practice in Suicide Prevention and Intervention: A Call to Action - K. Arroyo, G. Huges, J. Jensen	Communicating about Suicide and SI within Romantic Relationships - C. Almy
4:15 - 4:30	Wrap Up, Close, & Certificates			

Agenda

Working with parents and caregivers to reduce the risk of youth suicide.
8:15 – 9:15 Grand Ballroom

Summary

The presenter will discuss how to include parents when implementing safety planning interventions with adolescents designed to reduce their risk of suicide. There are several, well-established safety planning interventions that seek to promote more adaptive coping mechanisms, better distress management, and improved environmental safety. Lethal means counseling, broadly construed, is often a core feature of suicide-focused treatments and safety plans that prioritize reducing access to lethal methods during a suicidal crisis. Lethal means counseling (Counseling on Access to Lethal Means; CALM) is collaborative, safety focused and respects a family's decisional autonomy. Dr. Michael will introduce Utah clinicians to the recently developed Stabilization Support Plan (SSP), which is part of the Collaborative Assessment and Management of Suicidality (CAMS) Framework. The SSP includes a fully developed CALM protocol (secure storage of medications and firearms) designed to reduce the risk of adverse events, followed by tangible action steps that parents and caregivers can do to support the suicide focused treatment of their loved one.

The essential active ingredients in safety planning.
9:30 – 10:30 Grand Ballroom

Summary

After reviewing the basic pillars of suicide risk management, this workshop will focus on breaking down the essential active ingredients of safety plans designed to reduce the risk of suicide for patients and their loved ones. Though many safety plan interventions share common elements, there are also differences across protocols. For example, identifying early warning signs of a crisis and the development of novel coping skills are common across most measures whereas interventions designed to reduce access to lethal means are either ambiguous or absent. In addition, bona fide safety plans need to be distinguished from "no suicide" contracts, which have been shown to be potentially harmful. Other implementation challenges of using safety plans will be discussed, including how to increase the likelihood of these interventions leading to behavior change and how to create "living" or modifiable documents designed to reduce the risk of adverse outcomes (attempts, deaths).

Suicide prevention:

Addressing unique needs
and harnessing strengths
across Utah's Populations.

9:30 – 10:30 Room 150 A

Summary

This session will provide participants with the knowledge and tools to better understand the unique suicide prevention needs of diverse populations in Utah. By incorporating community strengths and adapting our practice to fit the unique needs of each community, we can create more effective suicide prevention strategies that resonate with individuals from all walks of life. Together, we can work towards a future where every person has access to the support and care they need to thrive.

Guiding toward life:

Motivational interviewing's
approach to increasing the
motivation and confidence to
live.

9:30 – 11:45 150 H

Summary

Learn key MI skills related to promoting engagement in conversations to resolve ambivalence about the desire to live including skills to promote "life talk" and "confidence talk." This session will provide theoretical propositions on treating SI from MI, a brief overview of related research, and small group practice sessions.

The future promise and
power of transdiagnostic
treatment.

9:30 – 11:45 220/224

Summary

The challenges associated with improving outcomes for those suffering from behavioral health conditions are multi-layered and complex. Transdiagnostic treatments are developing a strong body of research demonstrating their efficacy in treating a variety of diagnoses including both mental illness and substance use disorders. This workshop will demonstrate the promising future of transdiagnostic treatments and their power to transform behavioral health treatment.

Peer supports and patient
advocacy – panel discussion
10:45 – 11:45 Room 150 A

CALM – Counseling on
Access to Lethal Means
10:45 – 11:45 150 A

Suicide prevention: Risk
management and clinical
documentation
considerations.
12:45 – 1:45 Grand Ballroom

Summary

Peer support specialists are trained individuals who use their lived experiences in recover from mental health and/or substance use disorders. They are an important piece of the behavioral health treatment puzzle by providing support based on lived experience. This presentation will provide participants with the opportunity to learn what a peer support specialist is, the role a peer support specialist takes in the care/treatment plan of a client, and understand the importance of collaboration with peer support specialists in the behavioral health field.

Summary

Come learn why CALM is an effective strategy to prevent suicide and how to talk about lethal means, in particular firearms, with someone (or their family/support system) who is at risk of suicide. Leave feeling confident you can identify someone who will benefit from lethal means counseling (it is more people than you probably think) and help them reduce access to lethal means.

Summary

This presentation will focus on risk management practices for the treatment of clients who may be experiencing suicidal ideation. Focus will be on understanding “standard of care” and evidence-based tool utilization. Additionally, the presenter will provide guidance on how to clearly document risk/protective factors and the clinical judgement behind the decision-making process.

The Crisis Continuum – panel discussion

12:45 – 1:45 Room 150 H

Summary

A comprehensive crisis response system is an effective strategy for suicide prevention by providing rapid response and support services by mental health professionals. In this sessions participants will walk away knowing what clients will expect when engaging in crisis services, be able to identify the role of each level of care and what services are provided, and participants will be able to identify when and how to engage crisis services.

Hours, not weeks: Ketamine and the urgent need for relief from suicidal ideation.

12:45 – 1:45 150 H

Summary

Anew Therapy will cover the key benefits of ketamine therapy as an evidence-based alternative mental health treatment to reduce or eliminate suicidal ideation within a few treatment. It will cover how ketamine works, responsible and ethical administration of ketamine, and the importance of consulting and collaborating with qualified healthcare professionals as a comprehensive treatment plan.

IFS Perspective on the development of depression and suicidal ideology and how to address them.

12:45 – 3:00 220/224

Summary

Integrate Internal Family Systems (IFS) as you gain greater understanding of the IFS model, explore factors in attachment wounds and trauma, and learn ways to relax depression and self-harm parts. This breakout session features didactic learning, a deep discussion on the vulnerability of extreme and hopeless parts, tools for dealing with despair, and a role-play demonstration of IFS with suicidality.

An intersubjective self-
psychology approach to
treating suicidal patients:
engaging with leading and
trailing edges of therapist
and patient experience.

2:00 – 3:00 Grand Ballroom

Suicide prevention for
students with disabilities:
Identifying risk factors,
warning signs and effective
prevention strategies.

2:00 – 3:00 150 A

Enhancing suicide
prevention efforts for the
Latino Community in
Wasatch and Summit
County.

2:00 – 3:00 150 H

Summary

This session introduces the core tenets of Intersubjective Self Psychology (ISP) and its application in working with suicidal patients. Participants will explore how the interplay of hope (the leading edge) and dread (the trailing edge) shapes the therapeutic process, examining how the patient-therapist relationship can either reinforce trauma or foster healing. Through clinical case material, attendees will gain insights into managing self-object needs, setting therapeutic boundaries, and using ISP principles to support long-term patient resilience.

Summary

Students with disabilities are often at a higher risk for suicide due to various factors that may include social isolation, bullying, academic challenges, and underlying mental health conditions. This presentation aims to address the critical issue of suicide prevention among this vulnerable population by exploring the unique risk factors, identifying warning signs, and discussing effective prevention strategies.

Summary

This presentation will examine culturally responsive suicide prevention strategies that emphasize community engagement, trust-building, and accessibility for Latino individuals and families. It will highlight evidence-based approaches such as peer-led support networks, traditional healing practices, and expanded bilingual behavioral health resources. The session aims to provide practical insights for creating inclusive and effective prevention efforts.

Untangling the threads:
Addressing co-occurring
disorders.

3:15 – 4:15 Grand Ballroom

The Collaborative
Assessment and
Management of Suicidality
(CAMS) as a single session
intervention (SSI) for patients
admitted to inpatient
psychiatric care for suicidal
thoughts and behaviors.

3:15 – 4:15 150 A

Exploring the intersection of
research, experience, and
practice in suicide prevention
and intervention: A call to
action

3:15 – 4:15 150 H

Communicating about
suicide and SI within
romantic relationships

3:15 – 4:15 220/224

Summary

This presentation will be an overview of the prevalence of, screening and assessment for, and the benefit of integrated treatment for co-occurring disorders in treatment.

Summary

The suicide rate post-discharge from inpatient psychiatry is 300 times that of the national average. Psychosocial interventions like Collaborative Assessment and Management of Suicidality-Brief Intervention (CAMS-BI) are scalable to this service delivery system and may support reduction of the post-discharge inpatient suicide if implemented appropriately. This presentation will review preliminary observational evidence supporting the efficacy of CAMS-BI for psychiatric inpatients suffering from suicidal thoughts and behavior.

Summary

This breakout session will explore the intersection of research, lived experience and practical intervention strategies in suicide prevention. Through a holistic and relational approach, the session will provide actionable insights to bridge research with real-world application for attendees to create meaningful change in suicide prevention efforts.

Summary

This breakout session will teach you how to work with people who find that their partner may be contemplating suicide. We will learn how to identify potential signs of suicide and how to teach them to our clients; how to cope with their partner's suicidal ideation and communicate effectively with them; and how to intervene and reduce suicidal ideation and the risk of suicide in their partner.