

WE NEED TO TALK



2024 Suicide Prevention Conference



Thursday, August 1st & Friday, August 2nd

Sioux Falls Convention Center

Thursday, August 1st

9:00am-10:00am	Conference Registration Opens
9:00am-5:00pm	Exhibits/Vendor Fair
10:00am-10:45am	Opening Remarks
10:45am-12:00pm	Opening Keynote

Mental Illness & Quality of Life

Presented by Kevin Briggs, Retired California Highway Patrol Sergeant, Author, & Veteran

Presentation Description: This presentation will discuss contributing factors to mental illness and how the inherent strain of our daily lives can lead to a myriad of health-related issues. Briggs will introduce his Quality of Life triad, discuss why it was developed, and explain how it has assisted in his own life and many others.

12:00pm-1:30pm Lunch (on your own)

1:30pm-2:20pm

Breakout Session 1

- [Crisis Communication](#)

Kevin Briggs, Retired California Highway Patrol Sergeant, Author, & Veteran

Description: This presentation will discuss active listening skills and how to engage with someone who may be in crisis. The focus will also be on recognizing the signs that someone may be in crisis and how to have a conversation with that individual so that they do not feel ashamed or embarrassed to talk about what has occurred in their life.

- [Means Safety and Safety Planning](#)

Erica Allen, MA, MSW - Suicide Loss & Support Coordinator, Helpline Center

Description: Safety planning stands as a key practice in mental health care and suicide prevention. It is a personalized, proactive strategy designed to guide individuals through moments of crisis and mitigate the risk of self-harm or suicide. Participants will learn to provide effective support and ensure a safer environment for those at risk of suicide.

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- [Culture is Healing: Adapting 1:1 Mentorship with the Kinship Approach](#)
Trivia Craddock, MA- Program Director, Friends of The Children - He Sapa
Description: Utilizing cultural lifeways, such as language, song, dance, storytelling, and utilizing mentorship with the kinship approach for healing. Allowing culture to heal all forms of trauma or traumatic life experiences.
- [How to be the One for Someone](#)
Sheri Nelson, MA- Executive Director NAMI South Dakota
Description: Supporting someone who is struggling with mental health can be challenging, but your support can make a significant difference in their life. Learn ways that your presence, understanding, and encouragement can be a lifeline for someone struggling with mental health issues.

2:30pm-3:20pm

Breakout Session 2

- [Lethal Means Counseling \(LMC\)](#)
Dr. Rosie Bauder, PhD, MPH, LPC-C, NCC- The Ohio State University
Description: LMC is a collaborative process involving education about the risks associated with easy access to potentially lethal suicide attempt methods and discussing practical strategies for reducing or limiting access to the methods. During this presentation, participants will review components of "prevention through design" to inform suicide prevention, learn and challenge myths around secure storage and suicide risk, and understand LMC as an effective intervention to reduce the risk of intentional and unintentional injury.
- [Lessons Learned: Making Connections That Best Fit YOUR Community](#)
Kelli Rumpza, BS, CPS- Watertown Community Prevention Specialist- Human Service Agency
Description: Coalition members from Glacial Lakes SAFE will share resources and lessons learned as they have worked on ways to **Motivate** their community to prioritize mental health and **Combat** the stigma of suicide, crisis, and mental health conditions. Focusing on the following: **Educate** key audience members; **Support** those affected by suicide and mental health conditions; **Address** the needs of the community; **Use** evidence-based practices and **Practice** mindful communication. We encourage attendees to bring questions and to share efforts that have worked in their communities.
- [Mindfulness Matters](#)
Joyce Becker, MS, OTR-L, South Dakota Human Services Center
Description: Do you find yourself reactive to things around you? Do you hope to increase control of your mind and experience reality as it is? Using mindfulness techniques such as breath work allows participants to be present and attuned to what they are doing. This session will provide an introduction to mindfulness and coping strategies for your everyday life.

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- [Suicide Prevention with Faith Leaders](#)

Presenters from various denominations

Description: This panel discussion from local faith leaders will focus on how they respond to suicide and loss within their congregations and communities. During this panel, attendees will learn about how these people are faith leaders, but also have a mental health background and how those two things coincide together.

3:20pm-3:40pm

Refreshment Break/Networking/Vendors

3:40pm-5:00pm

Closing Keynote

Crisis Response Planning for Suicide Prevention

Presented by Dr. Rosie Bauder, PhD, MPH, LPCC-S, NCC- The Ohio State University

Presentation Description: CRP for suicide prevention is a brief safety planning-type intervention that can be used to reduce an individual's risk for suicidal behavior. CRP is a collaborative process in which someone helps a suicidal person develop a personalized checklist of strategies that can be used during periods of intense emotional distress. During this presentation, participants will learn about the evidence-based informing crisis response planning, the essential ingredients that make the CRP effective, and how crisis response planning is used in clinical and community settings.

Friday, August 2nd

8:00am-8:30am

Optional Breakfast and Networking

8:30am-8:40am

Welcome Back

8:40am-9:30am

Breakout Session 3

- [Just for The Health of It!](#)

Debra Butman-Perkins, MS, NCC, LPC-MH & Clark G. Perkins, M Ed., NCC LPC- Circle of Encouragement Counseling

Description: Come join Clinically Trained Adlerian Play Therapists Deb & Clark in a relaxed environment and re-energize as you learn self-care techniques that you will be able to immediately utilize with your students, clients, and staff. Play along and practice mindfulness, relaxation, self-reflection, and play based activities that will enhance your work and personal life. We want you to leave feeling energized and less stressed!!

- [Paths to Assisting our Veterans and their Families – A Community Based Approach](#)

Cicely Burrows-McElwain, MSW, LCSW-C – Director, Technical Assistance Resource Center for Community Based Interventions in Suicide Prevention- Office of Suicide Prevention, Veterans Health Administration

Description: Participants will learn the various components to the VA's Community Based

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Intervention for Suicide Prevention programming known as the Governor's Challenge to Prevent Suicide Among Service Members, Veterans, and their Families. They will also be able to recognize a selection of both the challenges and supports for Veterans at the various levels noted within the Social-Ecological Model and identify resources and strategies that organizations and communities can implement to support and advocate for Veterans and their families.

- [Understanding the Complexities of Grief, Loss & Trauma](#)
Dr. Mark Vande Braak, PhD – Director of Grief, Loss and Trauma -Lutheran Family Service
Description: Dr. Vande Braak will help people understand the grief journey as it applies to them. By the end of the session, participants will be able to identify the four major ways people grieve.
- [Suicide Interventions – Ask the Question](#)
Thomas Otten, MA, LPC-MH- Vice President, Avera Behavioral Health Hospital
Description: "Asking the Question" can be a critical starting point to offer help when someone shows warning signs of suicide. Research states that doing so often provides relief by giving the person an open door to respond honestly. Through this presentation, attendees will learn how to break the silence, respond with sensitivity, and gain valuable insights on recognizing warning signs.

9:40am-10:30am

Breakout Session 4

- [Question, Persuade, Refer \(QPR\)](#)
Lily Rowe and Bella Glissendorf – SD DSS, Division of Behavioral Health
Description: QPR is a training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- [Implementing Peer Supports in Schools](#)
Panelists: Dodi Haug, BS, CPS- Northeast Prevention Resource Center; Carrie Jorgensen, MS, LPC, NCC- Lost & Found; Lauren Glazier, CSW, QMHP- Helpline Center; Krista Groeneweg, Harrisburg North Middle School
Description: This panel discussion from local community agencies will focus on the responses to youth suicides and best practices on postvention. During this panel, attendees will learn about the variety of suicide prevention resources that are available for youth and the impact that these efforts have on schools and communities throughout South Dakota.
- [Substance Use and Suicide: How They Can Influence Each Other](#)
Danny Richardson, MS, LPC-MH, LAC, QMHP- Lewis & Clark Behavioral Health Services
Description: Suicide is a major public health concern and the number one leading cause of death among the ages of 10-29 in South Dakota. When paired with substance use or abuse the risk of attempting suicide increases as people under the influence of substances may become more

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impulsive, have impaired judgment, and lose their inhibitions. This presentation will discuss why the risk increases and what you can do to help.

- [Loud-Mouth Mama Through Grief](#)

Angela Drake- Fight Like a Ninja

Description: Learning more about giving grace through grief and the lessons learned though losing my daughter to suicide.

10:45am-11:45am

Closing Keynote

You Just Don't Know

Presented by Tom and Heather Cruz

Presentation Description: The story of resilience, dedication, love, and humanity. The Cruz's family will leave you crying, laughing, and contemplating how we all can do more for those that remain silent about their mental health issues.

11:45am-12:00pm

Closing Remarks