

Young  
Kansans  
1 suicide  
is 2 many

## KANSAS YOUTH SUICIDE PREVENTION

July 30 - 31, 2013

Fort Hays State University  
Hays, KS

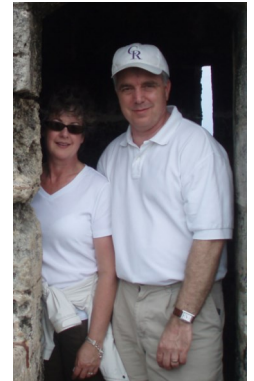
Our statewide summit is the result of a partnership with Fort Hays State University's Department of Psychology and will take place on Tuesday and Wednesday, July 30 - 31, 2013 on the FHSU campus. Join us for engaging and empowering workshops that will give you more tools to use in your critically important work. We will offer a number of resources for you to draw upon, thought provoking panel sessions, workshops on coalition building, rurality and suicide, prevention strategies in schools, and more.

### Keynote Speaker

*Bradley P. Burnett, B.S., J.D., LL.M.*

#### **Listening For and Helping to Create a Life Worth Living**

Bradley Burnett, a Denver, Colorado attorney, belongs to a club to which he would rather not belong: parents who have lost a child to suicide. His oldest son, Miles, took his own life 5 ½ years ago. Passionate to prevent more of this senseless loss, Brad, a native Kansan, now speaks regularly in Colorado and Kansas to schools (students, teachers and administrators), church youth and parent groups, college students, suicide prevention professionals and first responders on the topic of suicide prevention. He is writing a book about his son's life and death, with the aim to inspire and build skill sets to prevent the tragic and avoidable loss of our youth.



**Sponsored by:**



**FORT HAYS STATE  
UNIVERSITY**

*Forward thinking. World ready.*

**Co-Sponsored by:** The Suicide Prevention Subcommittee of the Governor's Behavioral Health Services Planning Council ; Kansas Youth Suicide Prevention

*Funded by:*

*Garrett Lee Smith Youth Suicide Prevention Grant  
(youth defined as ages 10 to 24 years old)*

*Grant Number: 1U79SM060434-01 State and Tribal  
Youth Suicide Prevention  
Department of HHS, SAMHSA, CMHS*

**If you or someone you know is affected by suicide, please call for help. Headquarters Counseling Center in Lawrence is the National Suicide Prevention Lifeline center for Kansas. Reach them free of charge, 24/7 at [800.273.8255](tel:800.273.8255) or [785.841.2345](tel:785.841.2345)**



**AWARENESS + TOOLS = CHANGE**

# Featured Presenters

## *Liz McGinness*

### *Sedgwick County Suicide Prevention Coalition*

Liz McGinness is a native Kansan who lives in Wichita, Kansas. Liz trained as a school psychologist and worked for nearly 20 years in the Wichita Public School system. Liz retired from the public schools in 2011 and now 'works' in the schools and community to continue to spread the word of suicide prevention. Liz is a founding member of the Sedgwick County Suicide Prevention Coalition which began in 2000. Liz is committed to making a real difference in her community and is passionate about reducing the stigma of mental illness and she strives to familiarize as many people as possible about how they can also help to prevent the dreadful tragedy of suicide.



## *Bill Geis, Ph.D.*

### *Director of Behavioral Health Research, UMKC School of Medicine*

Bill Geis is the Director of Behavioral Health Research and Assistant Professor of Psychiatry and the University of Missouri-Kansas City. After a Post-Doctoral Fellowship at the Menninger Foundation in Topeka, he has spent the last 26 years in Kansas City studying the impact of early life trauma, help-seeking in high school students and, along with Dr. Stanley Edlavitch, he is the co-developer of the Core Suicide Risk System®, a cloud-based suicide assessment strategy that produces complex information about persons at risk. He is very happy to be in Hays and talking with front-line clinicians about their challenges with suicidal clients.



## *Jarrold Hindman, M.S.*

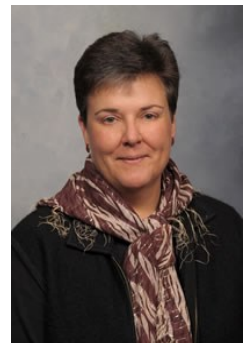
### *Colorado Department of Health and Environment*

Jarrold Hindman, MS is the Director of the Office of Suicide Prevention in the Injury, Suicide and Violence Prevention Branch at the Colorado Department of Public Health and Environment. Mr. Hindman directs the legislatively mandated Office of Suicide Prevention, which is responsible for serving as the lead entity for suicide prevention and intervention efforts, collaborating with Colorado communities to reduce the number of suicide deaths and attempts statewide. In an attempt to broaden the reach and impact of state-level suicide prevention efforts, the office emphasizes using state funding to address strategic priority areas. These priority areas include funding local initiatives, supporting statewide crisis lines, increasing knowledge about suicide risk and prevention resources, training individuals to recognize and respond to



## *Elaine Johannes*

Elaine Johannes is an Associate Professor and Extension Specialist – Youth Development in the School of Family Studies and Human Services at Kansas State University. As a member of K-State Research and Extension faculty, Johannes focuses on youth development, healthy lifestyles and community capacity-building. In addition to teaching courses for Great Plains-IDEA, Elaine manages grant-funded projects that promote health through youth/adult partnerships, as well as building the capacity of rural communities to embrace and encourage “youth voice”.



# Featured Presenters

## ***Bill Art, LCSW***

*Chair of Suicide Prevention Subcommittee of Governor's Behavioral Health Services Planning Council  
Therapist at Johnson County Mental Health Center*

Mr. Art, a bilingual Spanish speaking mental health therapist in a Community Mental Health setting working with Spanish speaking clients for the last 21 years has extensive experience in working with non English speaking clients. Mr. Art has continually advocated for Suicide Prevention and mental health materials in both Spanish and English. He has been involved with Suicide Prevention efforts in Kansas since 1999 and is the current chair of the Suicide Prevention Subcommittee of the Governor's Behavioral Health Services Planning Council. He does presentation on Safety Planning for staff who works with clients who are assessed to be at risk for suicide. Mr. Art recently presented at a Suicide Prevention Summit in Johnson County. He is also a member of the Cultural Diversity Committee for the Mental Health Center which developed the policy statement on Cultural Diversity for the center. Finally, Mr. Art has worked on the Mental Health Center's crisis line since 1992 and is a member of the American Association of Suicidology and the National Association of Social Workers.



## ***Shana Burgess***

*Johnson County Mental Health Center*

You just got funded to develop a Suicide Prevention Coalition – now what do you do?! Good ideas can be some of the hardest things to implement. Shanna's presentation will focus on the fundamentals of starting a coalition and building it to a viable organization. Expect solid ideas, good advice worksheets, and participatory exercises. Participants will come away with the beginnings of plans for building membership, defining organizational structure, deciding how the group will make decisions and assessing your community's strengths and gaps

## ***Brook Phillips***

Brook was born and raised in Wichita and later in Rose Hill, Kansas. He attended Utah State University where he graduated with a dual major in Finance and Economics. He returned to Wichita after graduation and began to work in the family automobile business. In 1996, with his brother, he bought Mid America Auto Auction from their father and two investors. They continue to operate it today. He has been involved in many organizations over the last 20 years and he and his brother have held hundreds of auctions. He has been on the board of BSA for 18 years, and a chairman for 2 different years. Some of the organizations he has been involved with include: Big Brothers/Sisters, Boy Scouts Of America, Heart Foundation, National Leukemia Foundation, Nascar Childrens Charities, Clint Bowyer 79 Fund, and 3 Trees (now Kidzcope).

# Fort Hays State University

600 Park Street, Hays, Kansas 67601  
Memorial Union

| Kansas Youth Suicide Prevention Summit |  |   |  |   |
|--|--|---|--|---|
| Theme: Awareness + Tools = Change      |  |   |  |   |
| Tuesday, July 30                       |  |   |  |   |
| Time                                   |  |   |  | Clinical Track  |
| 11:00 - 12:45                          | Advisory/Scientific Committee Meeting - Lunch Provided   |   |  | 2:00 - 5:00   |
| 1:00 - 1:45                            | Welcome/Introduction/What are we here to do  |   |  | Core Competencies for Interventions with Suicidal Clients<br>Bill Geis                  |
| 2:00 - 2:45                            | Keynote Speaker—Brad Burnett   |   |  |   |
| 3:00 - 4:45                            | Issues Affecting Rural and Frontier Mental Health - a panel presentation<br>Lee Flamik, Elaine Johannes              | Yellow Ribbon Training<br>Liz McGinness                                 | State Plan Workshop<br>Bill Art                        |   |
| 5:00                                   | Social/Meet and Greet - Alumni Center  |   |  |   |
| 6:00                                   | Dinner - Alumni Center   |   |  |   |
| Wednesday, July 31                     |  |   |  |   |
| Time                                   |  |   |  |   |
| 7:30                                   | Registration   |   |  |   |
| 7:30 - 8:30                            | <b><i>BREAKFAST &amp; Round Table Discussions - What's Happening in your area?<br/>Facilitator at each table</i></b> |   |  |   |
| 8:45 - 10:30                           | <b><i>KS Coalitions Panel and New Coalition Grant Recips Introduced</i></b>  |   |  | 9:00am - 12:00pm  |
| 10:30                                  | Break  |   |  | Core Competencies for Interventions with Suicidal Clients (Repeat Session)<br>Bill Geis |
| 10:45 - 12:00                          | Coalition Development Part 1 - Where Do I Start?<br>Shana Burgess  | Suicide Prevention in Schools Program<br>Liz McGinness<br>Brook Philips | Kognito Demonstration<br>Kelly Center<br>Kenton Olliff |   |
| 12:15 LUNCH                            | The Colorado Story—Jarrod Hindman  |   |  |   |
| 1:00 - 2:45                            | Coalition Development Part 2 - Engaging Youth<br>Elaine Johannes   | QPR<br>Brad Burnett   | State Plan Workshop -<br>Bill Art                      |   |
| 3:00                                   | Parting remarks/Thank You  |   |  |   |

# Session and Workshop Descriptions

## **KEYNOTE: Listening For and Helping to Create a Life Worth Living**

**Bradley Burnett, B.S., J.D., LL.M**

If someone in your life was feeling depressed, even suicidal, would you know what to say? Like most of us, Brad realized he did not know how to help his son Miles. Since Miles' death, Brad has dedicated his life to suicide prevention. He immersed himself in learning about suicide and how to help someone who is struggling. In addition to helping people who come into his life, he also helps others learn how to help.

Brad's presentation merges suicide prevention skills, mental health-oriented technology and corporate leadership technology to empower others to help. Audience members will learn how to meet a struggling person in the moment, in their shoes, to listen for and mirror reasons why their life is worth living and to help them get back in touch with what inspires them.

## **Let's Update the Kansas Plan for Suicide Prevention Across the Lifespan**

**Facilitated by the Suicide Prevention Subcommittee of the Governor's Behavioral Health Services Planning Council**

Help create a plan that is meaningful for Kansans of all backgrounds. *All* Summit participants are urged to participate in one of these group discussions to create a list of activities which will become part of our state's plan for suicide prevention. Your input is important! If possible, before the summit, please spend some time considering the National Strategy for Suicide Prevention which is online at <http://actionallianceforsuicideprevention.org/NSSP>

## **Issues Affecting Rural and Frontier Mental Health - a panel presentation**

A panel of presenters will draw from their experience living and working in rural and frontier Kansas to inform the discussion about preventing youth suicide. Audience members will be exposed to the multiple barriers and issues impacting both the mental health of rural and frontier citizens and the provision of services to them.

## **Coalition Development Track**

### **This Ground's Been Plowed Before...**

Hear from the experts and get energized for a day of learning. Leaders from Kansas' existing suicide prevention coalitions will share their stories: why they started, how they got organized, how they prioritized activities, and the barriers they had to overcome. Learn first hand from their successes and failures.

### **Coalition Development, Part 1 – Fundamentals**

**Shana Burgess**

You just got funded to develop a Suicide Prevention Coalition – now what do you do?! Good ideas can be some of the hardest things to implement. Shanna's presentation will focus on the fundamentals of starting a coalition and building it to a viable organization. Expect solid ideas, good advice, worksheets, and participatory exercises. Participants will come away with the beginnings of plans for building membership, defining organizational structure, deciding how the group will make decisions and assessing your



community's strengths and gaps

## **Coalition Development, Part 2 - Authentic Youth Engagement**

### **Elaine Johannes**

Do *youth* have a place in your coalition? They should! Authentically engaging youth in your coalition helps give them a voice in matters that affect them deeply and teaches them bonafide leadership skills - both outcomes promoting attachment to the coalition process and ultimately to their community. It also promotes the long-term sustainability of your youth suicide prevention coalition. Elaine brings a unique perspective to the discussion through her long career with community-based and youth-serving organizations including Kansas PRIDE, 4-H, public schools and Kansas National Guard.

*Elaine Johannes is an Associate Professor and Extension Specialist – Youth Development in the School of Family Studies and Human Services at Kansas State University. Johannes has a Bachelors degree in Psychology, Masters degree in Adult and Community Counseling and a doctorate in Lifespan Human Development from the School of Family Studies and Human Services, Kansas State University.*

## **Training Track**

### **QPR**

#### **Bradley Burnett**

The QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a brief educational program designed to teach "gatekeepers"--those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers) --the warning signs of a suicide crisis and how to respond by following three steps: *Question* the individual's desire or intent regarding suicide; *Persuade* the person to seek and accept help and *Refer* the person to appropriate resources

### **Yellow Ribbon**

#### **Liz McGinnis**

The Yellow Ribbon Suicide Prevention Program uses safe, effective suicide prevention messaging to teach youth and adults alike how to ask for help for themselves and how to respond to others asking for help. The program was founded by the parents and friends of a teen who took his life when he did not know the words to let someone know he needed help. At his funeral, his friends handed out post-it notes with a yellow ribbon attached. The message on the notes included how to ask for and provide help if someone is thinking about suicide, plus two suicide hotline phone numbers. The YR program is used in schools and communities in all 50 states and the Sedgwick County Suicide Prevention Coalition adopted it as their primary youth outreach program.

*Liz McGinnis trained as a school psychologist and worked for nearly 20 years in the Wichita Public School system, including leading a mental health crisis team. After retiring in 2011, she has devoted her energies to continuing to spread the word of suicide prevention in schools and communities. Liz is a founding member of the Sedgwick County Suicide Prevention Coalition which began in 2000.*

## **Kognito – A Demonstration of Online Training using Virtual Role-Play and Avatars**

### **Dr. Kenton Olliff**

Web-based Kognito suicide prevention training allows users to practice effective communication tactics by engaging in virtual role-play conversations with avatars that act and respond like real humans. Among

others, Kognito provides gatekeeper training for college faculty, K-12 educators and primary care providers, as well as peer-to-peer training for college students. Dr. Kenton Olliff, will share why the Kelly Center choose Kognito suicide prevention training products, and how they expect to use them in the University setting. He will also demonstrate a simulated training session.

*Dr. Kenton Olliff is a Licensed Clinical Professional Counselor and National Certified Counselor. He is an Assistant Vice-President for Student Affairs and Director of the Kelly Center at Fort Hays State University and also teaches graduate counseling classes. Kenton has worked at FHSU for over 10 years and maintains a small private practice at Turning Point Professional Counseling Services in Hays.*

## **Suicide Prevention in Schools Program**

### **Liz McGinnis and Brook Phillips**

How do you create a teen suicide prevention message that students will accept and promote? Imagine a school-based program, relying on student input rather than adult concepts. Liz McGinnis and Brook Phillips are developing such an approach in Sedgwick County, hoping to harness the energy of students interested in preventing suicide among their friends. They envision an interactive, after-school community of students bringing their own ideas to fruition, with guidance and resources provided by Liz and Brook.

Audience members will learn about tapping into the power of student-to-student connections to ensure a message that students will embrace as their own.

*Liz McGinnis trained as a school psychologist and worked for nearly 20 years in the Wichita Public School system, including leading a mental health crisis team. After retiring in 2011, she has devoted her energies to continuing to spread the word of suicide prevention in schools and communities. Liz is a founding member of the Sedgwick County Suicide Prevention Coalition which began in 2000.*

## **Clinical Training**

### **Sharpening Clinical Skills in Working with Suicidal Clients: Reviewing the Core Competencies in the Management, Assessment and Intervention with Clients who are at Heightened Suicide Risk**

#### **Bill Geis, PhD**

This three-hour workshop centers on reviewing the core competencies in working with suicidal clients. The presenter will take participants through the basic skills of client management, safety planning, assessment and intervention using clinical examples and video illustrations. Central to this presentation will be learning the 18 pathways that have been discovered to create risk in clients relating to *unique and dangerous thought patterns, facilitative or protective mediators* that can modify risk, and *clinical factors* that can co-occur with these thoughts and mediators to increase risk dramatically.

*Bill Geis is the Director of Behavioral Health Research and Assistant Professor of Psychiatry and the University of Missouri-Kansas City. After a Postdoctoral Fellowship at the Menninger Foundation in Topeka, he has spent the last 26 years in Kansas City studying the impact of early life trauma, help-seeking in high school students and, along with Dr. Stanley Edlavitch, he is the co-developer of the Core Suicide Risk System®, a cloud-based suicide assessment strategy that produces complex information about persons at risk.*