

## Workshop Descriptions:

### Track 1: Lay Helpers

#### **QPR for Everyone** (Sue Howell, HOPES)

QPR stands for Question, Persuade, Refer. Like CPR, QPR saves lives. Also like CPR, you can learn QPR and become trained to recognize a suicidal crisis and know how to find help. QPR is geared for EVERYONE: school lunch ladies and pastors; office workers and neighbors.

#### **Mental Illness 101**

60 – 90% of people at risk of suicide have a mental illness or substance abuse problem. Learn mental health basics in layperson's terms during this session.

#### **Finding and Navigating the Mental Health System in Dane County** (Peggy Michaelis, New Directions Information Center and Bonnie Loughran, NAMI of Dane County)

Help is out there for those of us seeking mental health resources for ourselves, friends and family. Leaders of local helping agencies share ideas and resources for locating assistance you need.

### Track 2: Professional Helpers

#### **Suicide and Racial/Ethnic Communities:**

#### **Prevention Strategies** (Corinda Rainey-Moore, MS, Cornerstone and Blacksmith Comprehensive Support Programs)

Learn culturally competent strategies for preventing suicide.

#### **Working with Chronically Mentally Ill Clients to Prevent Suicide**

Many people die of suicide in an impulsive, desperate act. In serious, persistent mental illness, however, suicidality may not represent a crisis but, rather, an ongoing issue – this is the topic of this session.

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*"Suicide is a major public health problem for Dane County and causes so much pain and misery for our families and communities. It's important everyone works together to try and prevent these tragedies and that's why the county eagerly allocated dollars toward this collaborative effort. Together, we can reduce the prevalence of suicide in our communities."*

– Kathleen Falk, Dane County Executive

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*"Suicide affects an entire community and, because it is a complex issue, it will take a community to work on it."*

– Pat Derer, President, HOPES

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#### Thank you to our Summit Partners:

Club TNT  
Dane County Human Services  
Madison Metropolitan School District  
Mental Health America of Wisconsin  
Mental Health Center of Dane County  
Middleton Police Department  
Middleton Senior Center  
Madison-area Urban Ministry  
New Directions Information Center  
NAMI of Dane County  
Office of Community Services – City of Madison  
Public Health – Madison and Dane County  
Sun Prairie School District  
Survivors

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**This Suicide Prevention Summit is made possible thanks to the generous contributions of Dane County, Charles E. Kubly Foundation, Public Health – Madison and Dane County, and Madison Downtown Rotary Foundation.**

For more information, contact  
[info@safercommunity.net](mailto:info@safercommunity.net) or (608) 256-6713.

**Safe Communities  
and HOPES  
present**



*hopES*  
suicide education & prevention

# Suicide Prevention Summit III

**How to Save a Life**

**Friday  
October 2, 2009**

**8:00 a.m. – 12:15 p.m..**

American Family Insurance  
Education and Training Ctr.

6000 American Parkway,  
Building A,  
Madison, WI

**Suicide is a serious public health problem in Wisconsin. Facts include:**

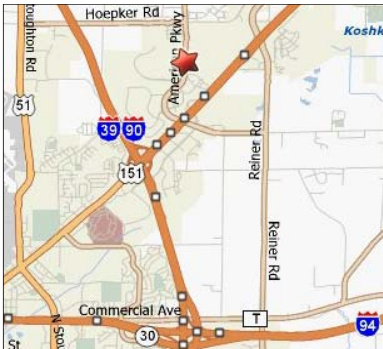
- In 2006, suicide accounted for 72% of violent deaths; of 919 violent deaths, 660 died by suicide.
- In Dane County, there were 57 deaths by suicide and 430 attempts in 2006.
- Suicide is the second leading cause of death among young people ages 15-24. One in five Wisconsin high school students reported seriously considering suicide.
- Adult working men and women ages 25-64 represent more than two-thirds of the total suicides in Wisconsin.
- Elderly males (ages 75+) are three times more likely to complete suicide than the general population in Wisconsin.

Join us to learn the full scope of the problem, what resources exist in Dane County and become trained in QPR – Question, Persuade, and Refer – three simple steps that anyone can learn to help save a life from suicide.

**Intended Audience:** Anyone who is interested in suicide prevention in their community; anyone who has the potential to come in contact with someone who is suicidal. Examples of those who may benefit from this seminar are: Public Safety Workers, Employee Assistance Program Staff, Health Care Providers, Mental Health Providers, Youth Service Providers, Senior Service Providers, Faith Communities, School Personnel, Librarians, Survivors, and individual community members.

**Continuing Education Hours:** You are eligible for 4.0 CEUs by attending the entire summit.

**Location:**  
American Family Insurance Education & Training Center, 6000 American Parkway, Building A, Madison, WI



**Summit Agenda**

- 7:30 a.m.** Registration
- 8:00 a.m.** Welcome and Year in Review – Cheryl Wittke, Executive Director, Safe Communities and Pat Derer, Co-Founder and President, HOPES
- 8:10 a.m.** Keynote – Suicide and recovery from an attempter’s perspective – P.J. Chamberlin and Gail Scott
- 8:40 a.m.** Q & A
- 9:00 a.m.** BREAK
- 9:15 – 10:45 a.m.** Concurrent Sessions
  - Track 1: Lay Helpers*
    - QPR for Everyone
    - Mental Illness 101
    - Finding Resources and Navigating the Mental Health System in Dane County
  - Track 2: Professional Helpers*
    - Suicide and Racial/Ethnic Communities: Prevention Strategies
    - Working with Chronically Mentally Ill Clients to Prevent Suicide
- 11:00 a.m.** Survivor’s Panel: Suicide postvention as prevention
- 12:00 noon** Closing Words
- 12:15 p.m.** Adjourn/Evaluations/Pick-up CEU Certificates

**Summit Registration**  
**Registration Deadline: Monday, September 21, 2009**

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Name

\_\_\_\_\_  
Title

\_\_\_\_\_  
Organization

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
E-mail

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Phone

**Registration fee** (includes continental breakfast and coffee break):  
 **\$25** (Dane County residents)  
 **\$35** (guests from outside of Dane County)  
 **\$50** (registration plus CEUs)

**Please select only one workshop:**  
**Track 1: Lay Helpers**  
 QPR for Everyone  
 Mental Illness 101  
 Finding Resources and Navigating the Mental Health System in Dane County

**Track 2: Professional Helpers**  
 Suicide and Racial/Ethnic Communities: Prevention Strategies  
 Working with Chronically Mentally Ill Clients to Prevent Suicide

**Please check one of the following:**  
 Yes, it is okay to include my name and contact information on a participant roster.  
 No, it is not okay to include my name and contact information on a participant roster.

Please make check or money order payable to Safe Communities and mail to:  
**Safe Communities**  
**P.O. Box 6652**  
**Madison, WI 53716-0652**

**Sorry, we are unable to accept credit cards.**