



2013
**Southern Arizona
 Suicide Prevention
 Seminar**

**Prevention
 Intervention
 Postvention**

Friday, June 21, 2013

8:30 AM TO 4:30 PM

**CPSA Training Center
 2502 N Dodge Blvd
 Tucson, AZ 85716**

SPACE IS LIMITED

**Attendees must pre-register by phone before
 sending registration form.
 No on-site registration will be available**

**R.S.V.P. to Donna Carender at
 (520) 750-0048**

**R.S.V.P. DEADLINE
 Monday, June 10, 2013**

SCHEDULE OF PRESENTATIONS

8:30-9:00 REGISTRATION
 9:00-9:15 WELCOME

PREVENTION

9:15-10:15 **THE NEW NATIONAL STRATEGY FOR SUICIDE
 PREVENTION AND WHAT IT MEANS FOR
 ARIZONANS**
 Markay Adams, BA
 Arizona Department of Health Services

INTERVENTION

10:30-12:00 **DIVISION OF BEHAVIORAL HEALTH
 BEST PRACTICE MODELS FOR SUICIDE
 INTERVENTION TRAINING**
 Sandy Davenport, LMSW
 Pima Council on Aging
 Julie Mack, BA
 Community Partnership of Southern Arizona

12:00-1:00 LUNCH (Provided)

POSTVENTION

1:00-2:15 **POSTVENTION IS SUICIDE PREVENTION**
 Tyler Woods, Ph.D.
 Survivors of Suicide

TRAINING

2:30-4:30 **QPR GATEKEEPER TRAINING**
 Julie Mack, BA
 Carrie Hill, MA
 Community Partnership of Southern Arizona

REGISTRATION FORM

Name _____

Title _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Email _____

QPR GATEKEEPER TRAINING

Yes _____ No _____

Application has been made for Social Work, and Counseling
 CE Credits.

If you wish to earn CE Credits, please check below:

Social Work _____ Counseling _____

You may ground mail, email or fax registration to:

**Donna Carender
 Carender Consulting LLC
 P.O. Box 1789
 Sahuarita, Arizona 85629**

Email: donna@carenderconsulting.com

FAX: 520-744-3438

For additional forms or if you have questions,
 please contact:

Donna Carender at 520.750.0048 or
donna@carenderconsulting.com



SESSION DESCRIPTIONS

PREVENTION

THE NEW NATIONAL STRATEGY FOR SUICIDE PREVENTION AND WHAT IT MEANS FOR ARIZONANS

Markay Adams, BA

Arizona Department of Health Services - Division of Behavioral Health

This workshop will discuss the new National Strategy by giving a brief overview of its history (how this strategy differs from the 2001 edition) as well as how it pertains to what's being done currently in Arizona. The workshop will also cover the state suicide plan, how it's implemented – current programming available, and where current gaps exist in this field.

INTERVENTION

BEST PRACTICE MODELS FOR SUICIDE INTERVENTION TRAINING

Sandy Davenport, LMSW Pima Council on Aging

Julie Mack, BA Community Partnership of Southern Arizona

Suicide is a major public health issue. Yet stigma about this topic prevents many people from addressing it directly, even when they are faced with a person who may be having thoughts of suicide. This workshop will describe and show excerpts of evidence-based training models that build skills of alertness to signs of possible suicidal thoughts, increase ability to ask directly about those thoughts in an effective way, and clarify what next steps to take to connect with resources for help or proceed through an intervention. We will describe the LivingWorks Models of ASIST (Applied Suicide Intervention Skills Training) and safeTALK suicide awareness classes, as well as the suicide awareness model called QPR, which stands for Question, Persuade and Refer. These models are best practices internationally and are the standard of care for suicide awareness and intervention training. Participation in these trainings dramatically increases attendee's confidence in their ability to effectively discuss the issue of suicide with a person with thoughts of suicide and link them with resources to help keep them safe, thus helping to make our communities safer from suicide.

LUNCH PROVIDED

POSTVENTION

POSTVENTION IS SUICIDE PREVENTION

Tyler Woods, Ph.D.

Survivors of Suicide

Tyler Woods will talk about how suicide affects family members and the community and how suicide postvention is suicide prevention for the next generation. She will try to help people understand that when people lose someone to suicide, it is devastating and forever changes their lives. She will bring in two speakers with her who have lost loved ones to suicide. Denise Gucciardo, who lost her daughter, and Judy Swartz who lost her husband to suicide. They will all share how they felt, how it affected them, and how they survived the loss.

TRAINING

QPR GATEKEEPER TRAINING

Julie Mack, BA, Carrie Hill, MA

Community Partnership of Southern Arizona

QPR provides three steps to assist anyone in helping save a life from suicide. The session will raise awareness about suicide, offer background facts, dispel myths, examine suicide warning signs, learn intervention strategies and participants will be given the opportunity to practice their acquired skills during the training.