

# COVID to CONNECTEDNESS 2021 Agenda

Friday, Sept. 10 8:45 a.m. - 3:45 p.m. (PDT)

## Bill Bernat, Host & Mental Health Advocate

### Opening Remarks

8:45 – 9:00 a.m.

**Thomas Joiner, PhD**, Florida State University

*Assessment & Intervention for Suicide Risk in Uncertain Times*

As we emerge from COVID-related constraints with a hunger for connectedness, Dr. Joiner will examine the implications of this uncertain time for assessing suicide risk, treating suicidal behavior, and suicide prevention. He also will discuss evidence & insights from his Interpersonal Theory of Suicide.

9:00 – 10:00 a.m.

### Break

10:00 – 10:15 a.m.

**David Klonsky, PhD**, University of British Columbia

*Understanding Suicide to Prevent Suicide*

Dr. Klonsky will focus on his Three-Step Theory of Suicide, which describes the conditions under which suicidal desire develops, intensifies, and transitions to potentially lethal suicide attempts. Klonsky's research shows that among individuals experiencing psychological pain and hopelessness, connectedness is a key protective factor that can prevent intensifying suicidal ideation and suicide attempts. He will discuss this work, and the most important treatment and prevention targets for reducing suicide risk.

10:15 – 11:15 a.m.

**Rep. Tina Orwall, MSW**, 33rd Legislative District

**Vicki Lowe**, American Indian Health Commission of Washington

**Abraham Dairi**, Washington resident with lived experience

**Sen. Manka Dhingra, JD**, 45th Legislative District

*988 Call to Action: Your Role in Building a Stronger Crisis Response System*

In July 2022, callers in a suicidal crisis will use 988 to reach the National Suicide Prevention Lifeline. Over the following two years, Washington will launch an expanded crisis response system. We expect an increase in calls. Expanded services will offer those in crisis a level of service not before seen in our state. Speakers on this panel will discuss various implications, including the importance of clinicians' role in shaping the new system; workforce issues; and the training needed to deliver uniform excellence in care.

11:15 – 12:15 p.m.

### Lunch

12:15 – 1:15 p.m.

**Jeff Sung, MD**, University of Washington

**Brett Bass**, Safer Homes, Suicide Aware

*Firearms, Culture & Suicide Risk: What is Safety?*

Reducing access to lethal means – especially firearms – is widely recognized as an element in effective suicide prevention. Therapists and health care providers, however, often do not 'speak firearms.' Sung and Bass will explore ways that mental health and health care professionals can connect with an increasingly diverse population of firearms owners by understanding their values, beliefs, and practices.

1:15 – 2:15 p.m.

# COVID to CONNECTEDNESS 2021 Agenda

Friday, Sept. 10 8:45 a.m. - 3:45 p.m. (PDT)

## Break

2:15 – 2:30 p.m.

**Topher Jerome, BA**, Harborview Behavioral Health Institute

2:30 – 3:30 p.m.

*Peer Support: Recovery Through the Power of Connection*

Topher will speak about the role and strengths of certified peer supporters, such as himself, in accompanying individuals in ways that inspire hope and recovery after a suicidal crisis. He will describe his contributions to a digital resource now in use to support individuals in suicidal crisis while they are in the emergency department. Peer support has been in use in Washington state as a Medicaid service since 2005.

## Closing Words

3:30 – 3:45 p.m.

**This workshop has been approved for 5 CEUs by the Washington Chapter, National Association of Social Workers (NASW), for Licensed Social Workers, Licensed Marriage & Family Therapists and Licensed Mental Health Counselors. Forefront's provider number is 1975-473.**