

## Program Topic Overview

7:30-8:00	<b>Registration, Resource Fair &amp; Continental Breakfast</b>
8:00-8:15	<b>Welcome</b>
8:15-9:15	<b>The Kevin Hines Story</b> Kevin Hines, Suicide Attempt Survivor
9:15-10:15	<b>Conceptualizing Bipolar: Questions &amp; Answers of the Disorder</b> Andrew James Archer, MSW, LICSW
10:15-10:30	<b>Break</b>
10:30-11:30	<b>What is Depression &amp; How is it Treated?</b> Dr. Stacy Nichols, MD
11:30-11:45	<b>Community Resource Presentation</b> Meeker McLeod Sibley CHS
11:45-12:30	<b>Lunch &amp; Resource Fair</b>
12:30-1:00	<b>A Mindful Moment</b> Dennis Schrader, LICSW
1:00-2:00	<b>Healthcare Professionals Suicide Prevention Best Practices</b> Dr. Dan Reidenberg, Psy.D.
2:00-2:15	<b>Break</b>
2:15-3:00	<b>Impact Panel Discussion</b> Moderated by Dr. Dan Reidenberg, Psy.D.
3:00-4:00	<b>Overcoming Adversity: Never Give Up Hope</b> Dick Beardsley, Suicide Survivor of Loss
4:00-4:15	<b>Closing</b>

## Intended Audience

Physicians, Nurses, Mental Health Professionals and Practitioners, Social Workers, Case Managers, Rehabilitation Workers, Nursing Assistants, Personal Care Attendants, Community Support Workers and anyone interested in learning more about the topic.

## About The Presenters

**Kevin Hines** is a suicide attempt survivor, activist, storyteller, and filmmaker. He is one of only a few to survive the fall and the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe. He has been awarded Mental Health America's Clifford W. Beers Award for his efforts to improve the lives of and attitudes toward people with mental illnesses. Kevin sits on the boards of the International Bipolar Foundation (IBPF), the Bridge Rail Foundation (BRF) and the Mental Health Association of San Francisco (MHASF) and on the Survivors Committee of the National Suicide Prevention Lifeline. His story was featured in the 2006 film *The Bridge* by the film director and producer Eric Steel. He has a bestselling memoir, *Cracked Not Broken, Surviving and Thriving after a Suicide Attempt*; and his documentary *Suicide: The Ripple Effect* is being released in 2018. Kevin's will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse and global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Hines that his story helped save their lives. He has reached millions with his story. Kevin believes in the power of the human spirit and in the fact that you can find the ability to live mentally well. His mantra: "Life is a gift, that is why they call it the present. Cherish it always." To learn more, visit his website: [www.kevinhinesstory.com](http://www.kevinhinesstory.com)

**Andrew James Archer** is a clinical social worker, writer and instructor. He is a mindfulness-based practitioner with over a decade of meditation experience. Andrew is the author of the 2013 memoir, *Pleading Insanity*, which details a genuine portrait of dramatic devastations through mania and depression as well as tools to promote mental wellness. Andrew is a national speaker and a contributing writer for GoodTherapy.org on topics ranging from the history of psychiatry, bipolar disorder, trauma and mindfulness practices. He has held academic positions at the University of Minnesota and University of WI-Madison. To learn more, visit his website: [www.andrewjamesarcher.com](http://www.andrewjamesarcher.com)

**Dick Beardsley** is a compelling international motivational/inspirational speaker. He is the author of a bestselling autobiography and is the subject of an upcoming feature film. Dick is a MN native and running legend best known for his incredible race in the 1982 Boston Marathon. After retiring from running, Dick had a series of near fatal accidents that left him addicted to prescription pain medications. His story of overcoming extreme obstacles speaks to anyone who loves competition, has survived catastrophe, or pursued a seemingly impossible goal. In October 2015, Dick's son Andrew, an Iraq war veteran died by suicide. This was yet another heart-wrenching blow that challenged Dick in a deeply personal way. This tragic loss has once again forced Dick to call on his inner strength and continue his positive path through his life. Dick is a true survivor. His story is one of hope and redemption. To learn more, visit his website: [www.dickbeardsley.com](http://www.dickbeardsley.com)

**Dr. Stacy Nichols, MD** is Board Certified in Psychiatry and Neurology with a special emphasis on adult and geriatric psychiatry. She attended Mayo Medical School in Rochester and completed her residency at Mayo Clinic of Department of Psychiatry. Dr. Nichols has over 26 years of experience, practicing at Hutchinson Health since 1991. To learn more, visit the Hutchinson Health website: [www.hutchhealth.com](http://www.hutchhealth.com)

**Dr. Dan Reidenberg, Psy.D** is the Executive Director of Suicide Awareness Voices of Education (SAVE), Managing Director of National Council for Suicide Prevention and former US Rep. to International Association for Suicide Prevention. He serves on Executive Committee of International Association and as Co-Chair of the IASP Media and Suicide Task Force, on numerous national and international editorial advisory boards and is a proposal reviewer for SAMHSA and the Royal Society of New Zealand. Dr. Reidenberg speaks internationally and has over 50 published articles and book chapters on mental health and suicide prevention. He developed one of only 3 evidence-based programs for schools listed on the National Registry of Evidence-Based Programs; several Best Practice materials; and leads the Social Media and Technology Summits with Facebook, Google and others developing the next generation of suicide prevention technology for the online industry. Dr. Reidenberg has been interviewed by major media sources from around the world including CNN, Larry King, Good Morning America, New York Times, Washington Post, Huffington Post, Time and Newsweek. He is adjunct faculty of the Poynter Institute training journalists, runs a national Award for Excellence in Media Reporting on Suicide as well as the world's only Certification for Safe Messaging program. He led the development of and wrote the *US Recommendations for Media Reporting on Suicide, Recommendations for Reporting on Mass Shootings, Blogging on Suicide*, and helped develop the *Media Recommendations on Bullying*. He also led the workgroup on *Warning Signs for Suicide* and helped develop the US National Strategy for Suicide Prevention and the National Research Agenda. He has received numerous awards for his work as a Mental Health and Suicide Prevention Expert, Service to Humanity Award, as a Champion of Change by The Obama Administration and he has been listed in Who's Who in America and Who's Who in the World. To learn more, visit the SAVE website: [www.save.org](http://www.save.org)

**Dennis Schrader** owner of Presently Aware, is a Licensed Independent Clinical Social Worker. He holds a Master's degree from St. Mary's University of Minnesota. For over 20 years he has provided mental health services in the areas of crisis intervention, clinical counseling and psychotherapy, substance abuse, program supervision and employee assistance/organizational development. His practice is largely informed by a mindfulness perspective and achievement of life balance for those challenged by addiction, stress, grief, anxiety and depression. Dennis has a passion for teaching meditation and offers training, psychotherapy, coaching and consulting to individuals, couples, employers/organizations and groups. To learn more, visit his website: [www.presentlyaware.com](http://www.presentlyaware.com)

**Impact Panel Discussion participants** **Rev. James King**, Pastor at Immanuel Lutheran Church, Gaylord; **Dr. Kristine Knudten**, VPMA & Family Practice Physician at Glencoe Regional Health Services; **Suzanne Magnuson**, School Counselor at Glencoe Silver Lake Schools; **Paul Thomas (PT) Hohag**, Suicide survivor of loss, Founder of LIVIN Foundation [www.livinfoundation.org](http://www.livinfoundation.org) & Twin Cities Radio Personality; **Kenny Ribar**, community member living with a mental illness; **Mary Schimschock**, experience with family member & foster children living with mental illness, also works supporting individuals with mental illness who are living in the community; and **Robert "RJ" Cripps**, Silver Lake Chief of Police.

## Registration

Registration deadline **Friday, March 23, 2018**  
**Fee: \$15** includes certificate of attendance, CEUs for nurses & social workers, conference materials, continental breakfast and lunch  
**SORRY, NO REFUNDS**

**Register online with credit card payment:**  
<https://www.eventbrite.com/e/2018-suicide-mental-health-awareness-conference-continued-for-hcw-tickets-42723395827>

**OR mail completed form and check to:**  
Meeker McLeod Sibley CHS  
Attn: Jayme Krauth  
111 8<sup>th</sup> St. PO Box 237  
Gaylord, MN 55334

**Please make checks payable to:**  
Meeker McLeod Sibley CHS

Name and Title: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone number: (\_\_\_\_\_) - \_\_\_\_\_

Email address: \_\_\_\_\_

**Conference Contact Information:**  
Tammy Diehn (507) 381-4082  
Terri Lynaugh (320) 587-9326  
[wewalk4life@gmail.com](mailto:wewalk4life@gmail.com)

Thank you to Meeker-McLeod-Sibley Community Health Services for their assistance, collaboration and In-kind sponsorship for this event.

## Learning Objectives

*At the end of this conference, participant will be able to:*

- Cite some key concepts of suicide prevention
- Identify the characteristics of people with higher risk to attempted suicide
- Integrate the most current pharmacologic and non-pharmacologic interventions to improve patient outcomes in the acute and long-term management of mental illness
- Appropriately respond to thoughts of suicide in self or others
- Explain what meets the diagnostic criteria for mania and what does not.
- Discuss psychotropic medication, suicidality and genetic predisposition related to bipolar disorder.
- Address common misperceptions and differential diagnoses of bipolar disorder (e.g., substance use disorder).
- Better understand their role in proactively assisting those in need
- Understand diagnostic criteria for depression and the many variations of its presentation.
- Identify interpersonal approaches and screening tools to assess for depression.
- Identify common evidence based approaches for treating depression: lifestyle changes, therapies and medications.
- Discuss experimental new treatments for depression.
- Identify disorders most commonly associated with suicide.
- Understand and know the current, research-based warning signs of suicide and the difference between youth and adult warning signs.
- Have gained knowledge of how to inquire if someone is suicidal and what response plan to pursue.
- Assess protective factors that can be used in treatment and prevention approaches, as well as community resources.
- Recognize core principles of mindfulness
- Develop resiliency skills through personal stories about how to survive, endure and thrive despite challenges and adversities.
  - Discuss through personal stories how suicide affects everyone
  - Identify community based services available during a mental health crisis or mental health emergency.
  - Promote resiliency, hope and access to treatment and services for people living with a mental health diagnosis

## CEUS

This conference has been designed to meet **MN Board of Nursing** continuing ed requirements for **7 CEUs** & approved by **MN Board of Social Work** for **7 contact hours** of continuing ed. (CEP #1026).

*Attendee is responsible for determining whether this activity meets the requirements for acceptable continuing education.*

# Suicide & Mental Health Awareness Conference

*Continuing Education  
for  
Healthcare Workers*

**Monday, April 9, 2018**  
Hutchinson Event Center  
(Plaza 15)  
1005 Hwy 15 S  
Hutchinson, MN

### Conference Contact Information:

Tammy Diehn (507) 381-4082  
Terri Lynaugh (320) 587-9326  
[wewalk4life@gmail.com](mailto:wewalk4life@gmail.com)  
[www.WeWalk4Life.org](http://www.WeWalk4Life.org)



This event is made possible with proceeds raised at the SAVE (Suicide Awareness Voices of Education) Walk for Life – Hutchinson, that was held September 17, 2017 at the McLeod County Fairgrounds. 700+ people participated and over \$39,000 was raised through the generosity of business and organizational sponsorships, team fundraising and individual donations.