

# Suicide Prevention Programming for Children and Adolescents

May 11, 2021

8:30 am - 12:45 pm

**Live Webinar!**

## Program Overview and Objectives

According to recent national data from the Youth Risk Behavior Survey (YRBS), almost 32% of high school teens experienced “persistent feelings of sadness or hopelessness” and 17% reported having “serious suicidal thoughts” during the previous 12 months. Though only a small percentage of teens reported making a suicide attempt requiring medical intervention during the previous year (2.4%), undetected or untreated sadness, hopelessness, and suicidal thoughts can fester. Worse, when suicidal thoughts are experienced in a context where there is ready access to lethal means (e.g., dangerous medications, firearms), it can be a deadly combination. Thus, identifying and treating the more prevalent correlates of suicidality at an earlier stage is a sensible entry point for prevention efforts versus waiting until youth experience much more serious emotional and behavioral crises. Two specific suicide prevention models relevant for youth, Counseling on Access to Lethal Means (CALM) and Collaborative Assessment and Management of Suicidality (CAMS) will be reviewed in detail during the presentation. The workshop is designed to inform clinicians and researchers on the feasibility, acceptability, and effectiveness of CALM and CAMS with children and adolescents.

This 4-hour presentation will include data slides, a review of theoretical concepts, and several brief video clips demonstrating the use of suicide prevention programs for children and adolescents. There will also be ample opportunities to discuss de-identified case material, brought up from the presenter and by the participants, as deemed relevant.

**Upon completion of the program, participants should be better able to:**

- Summarize the epidemiology of suicide, including recent changes in rates;
- Identify and access feasible resources and techniques related to suicide prevention grounded in science;
- Identify the 4 key reasons that lethal “means matter”; and
- Summarize the key features of the CALM and CAMS programs and its practical implications for preventing suicide death among children and adolescents.

## Who Should Participate

This workshop will be beneficial to behavioral health and human service practitioners, including psychologists, social workers, counselors, marriage and family therapists, substance use and addictions professionals, clinicians and all others interested in this topic.



## Faculty

### **Kurt D. Michael, Ph.D.**

Dr. Kurt Michael is the Stanley R. Aeschleman Distinguished Professor of Psychology at Appalachian State University (ASU). He was trained at the University of Colorado – Boulder (B.A., cum laude), Utah State University (M.S., Ph.D.), and Duke University Medical Center (Clinical Psychology Internship). Dr. Michael teaches at the undergraduate and graduate levels, and his primary areas of research and clinical practice are adolescent suicide assessment and prevention, school mental health, depression, rural healthcare, substance abuse disorders, and conduct disorders.

Dr. Michael's empirical work has appeared in scientific journals such as: *Clinical Psychology Review*, the *Journal of Rural Mental Health*, *Cognitive Behaviour Therapy*, *Professional Psychology: Research and Practice*, *BMJ Open*, *Teaching of Psychology*, *Children and Youth Services Review*, *Evidence-Based Mental Health*, *World Psychiatry*, *Behavior Therapy*, *Cognitive and Behavioral Practice*, the *Journal of the American Academy of Child and Adolescent Psychiatry*, and *The Lancet*.

Under Dr. Michael's leadership, The ASC Centers have been awarded over 3 million dollars in federal grants and local contracts to support their operations over the past 10 years. In 2014, Dr. Michael was honored for his long-term service to North Carolina as the Board of Governors recipient of the James E. Holshouser Jr. Award for Excellence in Public Service.

Dr. Michael currently serves as an Associate Editor of the *Journal of Rural Mental Health* and is the Editor (JP Jameson, Co-Editor) of the first edition of *The Handbook of Rural School Mental Health* (Springer). He also served as an Associate Editor of the *Journal of Child and Family Studies* for 13 years.

Dr. Michael consults with agencies and facilities on a national level regarding the development of suicide prevention protocols for K-12 schools and other systems of care. Dr. Michael is a national consultant for the Collaborative Assessment and Management of Suicidality (CAMS) Program and has considerable clinical experience working with adjudicated youth in inpatient, residential, and correctional settings dating back to the late 80's.

In addition to Dr. Michael's teaching and research interests, he is a practicing Licensed Psychologist and in 2006, developed and implemented interdisciplinary school mental health partnerships titled the Assessment, Support, and Counseling (ASC) Centers in rural western North Carolina. The ASC Center was designed to serve children and families in North Carolina while at the same time, provide pre-professional and professional workforce development, which aligns well with ASU's strategic mission to improve the health of North Carolinians and to have a sustained impact on the region, both economically and culturally.

## Credits

- **4.0 Contact Hours from Northwest AHEC**

Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 4.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

- **4.0 NBCC Contact Hours**

Northwest AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5465. Programs that do not qualify for NBCC credit are clearly identified. Northwest AHEC is solely responsible for all aspects of the program.

- Application has been submitted for 4.0 contact hours of General Skills Building credit from the North Carolina Addictions Specialist Professional Practice Board.



## Cost and Registration

**\$40** – This program is offered at a reduced registration fee through support from Old Vineyard Behavioral Health Services.

Provided by Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and part of the NC AHEC System with support from Old Vineyard Behavioral Health Services

**Register and pay online** at [www.nwahec.org/65507](http://www.nwahec.org/65507) or complete and return the attached registration form. Payment by credit card (Visa, MasterCard and American Express) accepted online. Personal check, corporate check, money order or WFBMC internal transfer accepted by mail.

**Payment Policy**—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received before the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

**Refund Policy**—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days **prior to the first day of the event** will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. **Cancellations must be in writing (email)**. You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

If you have not received confirmation of your registration 24 hours before the program date, please call Lisa Thomas at 336-713-7729 or email [lisathom@wakehealth.edu](mailto:lisathom@wakehealth.edu) to verify the status of your registration.

Note— Registering for and attending this program authorizes Northwest AHEC/Wake Forest School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations. If you do not wish to be photographed, you may opt-out of photographs the day of the activity.

## For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Lisa Thomas at least five working days before the activity 336-713-7729 or [lisathom@wakehealth.edu](mailto:lisathom@wakehealth.edu).

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**Registration Fee: \$40**

This program is offered at a reduced registration fee through support from Old Vineyard Behavioral Health Services.

Primary Phone # (last 4 digits only):

*\* required*

\_\_\_\_\_  
 First Name MI Last Degrees (e.g., MD)

\_\_\_\_\_  
 Profession Job Title

\_\_\_\_\_  
 Home Address City State Zip County

\_\_\_\_\_  
 Home Phone Cell Phone

\_\_\_\_\_  
 Employer

\_\_\_\_\_  
 Employer Address City State Zip County

\_\_\_\_\_  
 Employer Phone Employer Fax

**Email Required:**

Preferred Email  Home Email  Work Email

*By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.*

Please register **ONLINE** at [www.nwahec.org/65507](http://www.nwahec.org/65507) (Recommended)

OR select one of the following options:

- Make check payable** to "Wake Forest University Health Sciences" and mail, with registration form, to:  
 Wake Forest School of Medicine / NW AHEC  
 Medical Center Boulevard, Winston-Salem, NC 27157-1060  
 Attention: Lisa Thomas
- WFBMC Internal Transfer:** 25-digit chartfield # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_
- Employer Payment:** Supervisor completes below and faxes registration to 336-713-7701.

\_\_\_\_\_  
 Supervisor's Name (Printed) Signature Phone

By signing, I am certifying that agency payment will follow. I understand that if I have a balance due and do not attend or send a substitute, I will be invoiced for the full program fee.