

Program for Stamping Out Suicide (S.O.S.) Event

Friday, Sept. 27 from 1 to 5 p.m.

1:00-1:30 pm - Attendees Arrive & Visit Welcome Table/Exhibitors

1:30-1:45 pm - Welcome Announcement from
Caroline Wood, Associate Vice President of Student Services, Laurel Ridge
Community College
Jim LaGraffe Encompass Community Supports Executive Director

1:45-2:15 pm - **Keynote Speaker: AnneMoss Rogers**
Topic: Turning Pain into Purpose
Location: Barkman Conference Room

Description: Turning Pain into Purpose after trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, AnneMoss Rogers' son, Charles became addicted to heroin and died by suicide on June 5, 2015. This presentation is about her journey to healing by dragging an unpopular topic into the spotlight, how giving back has helped her heal, and how a blog community that came together in their shared pain has saved lives in the most surprising and unconventional of ways. This presentation carries a message of hope and genuine takeaways on how to spot and respond to someone in crisis.

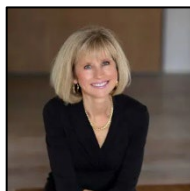
Takeaways:

- How stigma played a role in Charles's downward spiral.
- One mom's unconventional way to save lives.
- Turning grief into action to find a path to healing.
- What to say or do when someone is struggling.
- Forgiving oneself after a loss by suicide.

AnneMoss follows safe messaging reporting guidelines on suicide.

2:15-2:30 pm -Break/Visit with Exhibitors

2:30-3:30 pm -First Round of Breakouts (3 options)



Option 1

Speaker: AnneMoss Rogers

Breakout Session: The Emotionally Naked Truth About Suicide

Location: Barkman Conference Room

Description: AnneMoss Rogers, has built a following on the subject of suicide, and the mental health conditions and underlying risk factors that often trigger it. After trying to find help for her

once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Charles met heroin while struggling with depression and he died by suicide in 2015. This presentation dispels common myths about suicide and substance misuse, while delivering a message of hope, and empowering regular humans with the skills to help prevent this threat to life.

Takeaways:

- How to recognize the cryptic ways people cry for help.
- How to respond, what to say/do (includes talking points and script practice).
- Creating a suicide-safe environment (aka. means safety).
- Life events that can increase suicide risk.
- Resources



Option 2

Speaker: American Foundation for Suicide Prevention (AFSP)
Breakout Session: L.E.T.S. Save Lives: An Introduction to Suicide Prevention for Black and African American Communities
Location: 123 A/B; 1st Floor



Description: L.E.T.S. Save Lives: An Introduction to Suicide Prevention for Black and African American Communities is a presentation created in concert with an Advisory Committee of experts in Black and African American mental health and suicide prevention, designed to reduce cultural stigma, foster conversations about mental health, and raise awareness of suicide prevention for individuals who identify as Black or African American. While the program is designed for Black and African American audiences, it is open to anyone (18+) who wishes to attend. The program is grounded in research and delivered by trained presenters who identify as having lived experience within Black and African American Communities.

Participants will:

- Learn the scope of suicide among the Black and African American population.
- Understand the racial and systemic factors that impact suicide in the Black and African American communities.
- Identify suicide risk and protective factors for Black and African American communities.
- Recognize warning signs of suicide.

- Gain confidence in talking to someone in suicidal distress.
- Learn how to connect someone with help.

Participants will receive education on mental health and suicide prevention through activity-based learning, and take-home materials to use if needed in the future. The goal of this new program is to create conversations in Black communities around mental health and encourage help-seeking to prevent suicide and suicide attempts.

AFSP is committed to the equitable practice of ensuring programs are developed by the communities in which to serve. Therefore, this program was created by an Advisory Committee of experts in Black and African American mental health and suicide prevention, researchers, clinicians, survivors of suicide loss as well as those with lived experience. The visual design was developed in partnership with Joy Collective, a Black and woman-owned cultural marketing agency.



Option 3

Speaker (s): Melisa Atkeson, LCSW & Dona Rodgers, Co-Founder/President

Breakout Session: Morgan's Message: Suicide in Student-Athletes

Location: The Barn



Description: This session will focus on the mental health of student athletes including an overview of Morgan's Message, their Ambassador Program within high schools, and an understanding of the warning signs/ symptoms of youth suicide. This session will also address risk and protective factors for youth as well as resources and information on how schools and communities can support youth.

3:30-3:45 pm -Break/Visit with Exhibitors

3:45-4:45 pm -Second Round of Breakouts (3 options)



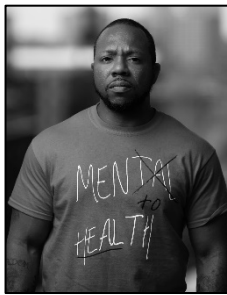
Option 1

Speaker: Shannon Parkin

Breakout Session: How My Faith Community Empowered me to Celebrate Life after my Disabling suicide attempt

Location: The Barn

Description: Shannon Heath Parkin will share how her faith community emboldened her as she recovered from her disabling suicide attempt in front of a Metro train in 2015. Shannon will describe how through the support of her medical providers, loved ones, and faith community she has been riding the Metro independently and her depression has been in full remission since 2018. Shannon will present how the support of her faith community illustrates the seven principles of Compassion In Action: a Guide for Faith Communities Experiencing Mental illness and their Caregivers (USHHS 2020). Shannon's faith community is Silver Spring United Methodist church, a multi-racial, LGBTQIA+-inclusive congregation.



Option 2

Speaker: James Harris (Men to Heal)

Breakout Session: The Importance of Community & Connection in Reducing Suicides for Underserved Populations

Location: Barkman Conference Room

Description: James's presentation will cover the importance of community and connection in relation to suicide prevention with a special emphasize on men, veterans, and BIPOC communities. James will also share some tips from a provider standpoint and for supporting family members.



Option 3

Speaker: Alan Rasmussen

Breakout Session: Beat Burnout Before It Beats YOU

Location: 123 A/B; 1st Floor

Description: This presentation provides information about burnout including the causes and impact on the mental, emotional, and physical health of those affected. Participants will also learn self-care tips to help prevent or manage burnout.

4:45-5:00 pm -Closing