



491 Baltimore Pike #319  
Springfield, PA 19064

16th Annual Regional Symposium

What About Tomorrow? An Integrated Approach to  
Preventing Suicide

November 21, 2019  
8:30 a.m. to 4:30 p.m.  
Registration opens at 7:30 a.m.

Springfield Country Club  
400 W. Sproul Road  
Springfield PA 19064

Presented by:  
Delaware County Suicide Prevention & Awareness Task Force



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Location:

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400 W. Sproul Road  
Springfield PA 19064

Detailed directions from all locations are available at Springfield Country Club website:  
[www.springfieldcc.net](http://www.springfieldcc.net)

Presented by the:

Delaware County Suicide Prevention & Awareness Task Force

For more information, please visit: [www.delcosuicideprevention.org](http://www.delcosuicideprevention.org)



## Agenda

- 7:30AM: Registration & Continental Breakfast
- 8:30AM: Welcome  
Ellen Chung ACSW, LCSW, BCD-Elwyn Davidson School-Director of Mental Health Services/Parent Liaison-Chair DCSPATF
- Suicide Death Review  
Olga M. Thornton, RN, BS, Survivors of Suicide  
Ellen Chung, ACSW, LCSW, BCD-Elwyn Davidson School-Director of Mental Health Services and Chair-DCSPATF
- Katayoun Copeland, District Attorney-Delaware County
- 9:00AM: AM Keynote- Making Meaning from the Suicide of a loved one  
Frank Campbell, Ph.D., LCSW, C.T.
- 10:45AM: AM Break-Out Sessions:
- Session A: First Responder Suicide- What to Look For/What to Do  
Govan A. Martin, III-Chief/Executive Director-Prevent Suicide PA
- Session B: Veterans Health Administration VA Mission Act Overview and Suicide Prevention  
Tara Kaplitny MSN, RN-BC-Nursing Coordinator-Coatesville VA Medical Center  
Karen L. Chang, MSW, LCSW, LMSW-Suicide Prevention Coordinator-Coatesville VA Medical Center
- Session C: Examining Depression and Substance Abuse as Risk Factors for Suicide in Adolescence  
Kerry King, Psy.D, MBA-Director-Key Recovery
- 12:00PM: Lunch (provided)  
Please visit our Sponsors and enter your chance to win a raffle item!
- 1:00PM: PM Keynote- Psychosocial and Mental Health Influences on Suicide in Sports-Related Concussion  
Stephen A. Russo, PhD-Director, Concussion Management Center-Springfield Psychological
- 2:45PM: PM Break-Out Sessions:
- Session D: Suicide Risk after Brain Injury: Risk Factors and Safety Interventions  
Lane Brown, PhD-Program Director, Brain Injury and Stroke Programs-Magee Rehabilitation Hospital
- Session E: Suicide Prevention, Risk Factors, and Education in the Elderly  
Kristie Jo King, MSW, LSW, CDP-President Elect-NASW-PA and Director of Social Services-Presbyterian Senior Living
- Session F: Condition of SILENCE...Cultural Lens and Intersection of Wellness, Spirituality, Sexuality and Perception  
Mary May, MFT-Self-employed-Butterfly Love, LLC
- 4:00PM: Wrap-up: Evaluations and Raffles



## AM Keynote

**Frank Campbell Bio:** Dr. Campbell is the Executive Director Emeritus of the Baton Rouge Crisis Intervention Center, where he has developed the first National Suicidology Training Center (NSTC) and serves as chair of that Center. He is also Senior Consultant for Campbell and Associates Consulting where he consults with communities on Active Postvention efforts and Forensic Suicidology cases. During his more than thirty years of working with those bereaved by suicide he introduced his Active Postvention Model (APM) in 1997 it is most commonly known as the LOSS Team (Local Outreach to Suicide Survivors). Loss Teams are often at the scene of a suicide while the body is present and advocate for organ and tissue donations to be considered. His work with survivors and victims of trauma has been featured in three discovery channel documentaries as well as professional journals and book chapters.

To find out more about his work in the field of Suicidology you can visit his website [www.lossteam.com](http://www.lossteam.com)

**AM Keynote:** This presentation will consider the challenges of finding hope for a positive meaning from a devastating loss. Suicide carries a significant stigma and the impact of this are often unknown to most of us until a death by suicide becomes a reality. By attending to survivors as close to the time of death as possible and pointing them toward help the newly bereaved are helped earlier and spend less time in the dangerous "Canyon of Why." For more than thirty years I have navigated this canyon with both newly bereaved and long time survivors of suicide. My goal in this presentation is to share what I have learned that can be of real assistance to those who are lost and struggling to survive in a loss that cannot be described.

## AM Keynote

**Stephen A. Russo, Ph.D. Bio:** A Delaware County native, Dr. Russo is a nationally and internationally recognized expert on sport-related concussion, sport psychology, mental training, and peak performance. He has served as a sport psychology consultant since 1998 and has worked at multiple levels of the NCAA. He has functioned as a member of an interdisciplinary sports medicine team throughout his career and has served as the Director of Sport Psychology at the University of Pittsburgh Medical Center - Center for Sports Medicine, the International Junior Golf Academy, and Nova Southeastern University. Dr. Russo underwent formal training for the clinical management of sport-related concussion and has managed concussive injuries for close to 15 years. His career highlights include outlining the appropriate management of sport-related concussion for sport psychologists in a 2004 publication; serving as a concussion and sport psychology consultant for the Miami Dolphins; and implementing one of the first comprehensive concussion protocols in the State of Florida as well as the Sunshine State Conference (SSC) of the NCAA. He founded the UPMC and the NSU Sport Psychology programs as well as the NSU Concussion Clinic. Dr. Russo's work was also instrumental in establishing a 2012 School Board of Broward County resolution mandating baseline concussion for all athletes participating within the Broward County Athletic Association. In recognition for his contributions to the Florida sports medicine community, Dr. Russo received the Sports Medicine Person of the Year award from the Athletic Trainers' Association of Florida in 2016. Prior to establishing the Concussion Management Center at Springfield Psychological, Dr. Russo served the Greater Philadelphia area as a clinical, sport psychologist within the Jefferson Comprehensive Concussion Clinic. There, he worked in conjunction with clinicians from the Rothman Institute, Wills Eye Hospital, and Thomas Jefferson University. Dr. Russo continues to serve as a provider for the Rothman Orthopedics Concussion Network.

**PM Keynote:** In the past 25 years, the management of mild traumatic brain injury (mTBI) has gone from obscurity to a topic of great public health concern. Often associated with athletics, or sport-related concussion (SRC), the effects of brain injury can be lasting and may result in significant, chronic impairment in the daily lives of the injured. Legislation has been created across the United States calling for greater care for individuals who have suffered brain injury within the context of sports and return-to-play / return-to-learn / return-to-work protocols have been advocated to ensure that the injured recover in an expeditious fashion. In short, what was once considered a benign, short-term injury has now been linked to chronic health conditions such as depression and mild cognitive impairment. There is also increasing concern about the connections between brain injury, suicide, and degenerative diseases such as chronic traumatic encephalopathy (CTE), with media reports and public concerns for these conditions sometimes far outweighing the current state of empirical understanding of such connections. Post-concussion syndrome and mental health outcomes associated with brain injury have become increasingly more common and psychological factors such as anxiety and depression can lead to heightened fears about potential negative consequences believed to be associated with brain injury. As suicide rates and the public's fear of concussion continue to increase, mental health professionals need to have a thorough understanding of the history of concussion management; the current state of concussion rehabilitation; and the impact that psychosocial and mental health issues can have on an individual's ultimate recovery from mTBI.

## Break-Out Sessions

### **Session A:** First Responder Suicide- What to Look For/What to Do

First Responder suicide is on the rise in Pennsylvania and all over the country. This session will provide attendees information on what we know leads first responders to suicide and how we can help them. This breakout session will also provide strategies and possible solutions to prevent suicide within the First Responder Community.

### **Session B:** Veterans Health Administration VA Mission Act Overview and Suicide Prevention

The VA Mission Act of 2018 consolidates VA's community care programs into a new Veterans Community Care Program that will help ensure Veterans choose VA by providing the right care, at the right time, and from the right provider. The VA will be one integrated system with internal and community aspects of care delivery. The Mission Act is one suicide prevention strategy which utilizes access to care to reduce risk. Suicide Prevention at VA is utilizing several interventions to reduce risk for suicide and prevent suicide proactively with outreach. Discussion of the programming and interventions used to prevent suicide at VA and in the community will take place during this session.

### **Session C:** Examining Depression and Substance Abuse as Risk Factors for Suicide in Adolescence

The presentation will examine factors, typical to adolescent development, which may create vulnerabilities for depression and substance abuse. We then further explore how this contributes to suicide-related risk in this population.

### **Session D:** Suicide Risk after Brain Injury: Risk Factors and Safety interventions

This talk will review the demographics of brain injury in the civilian population, and of suicide after brain injury in that population. The cognitive/ emotional sequelae of brain injury that lead to increased risk will be discussed. Strategies for reducing suicide risk after brain injury will be reviewed.

### **Session E:** Suicide Prevention, Risk Factors, and Education in the Elderly

As our members in our communities age there can be increased risk factors for suicide in the elderly. This presentation will review risk factors, prevention techniques, and ways to provide education to our communities.

### **Session F:** Condition of SILENCE...Cultural Lens and Intersection of Wellness, Spirituality, Sexuality and Perception

We will engage in a diverse conversation that will provide intentions around the conditions of uncomfortable conversations with families of various minority backgrounds. There will be interactive application and exploration while peeling back the stigma and intersection of family values, wellness, sexuality and suicidal reactions. Creating BRAVE space in the most uncomfortable platform that exist in our communities and social narratives of the lives of 2019 and beyond. Explore the narratives and conditions that influence the authentic space of therapeutic intervention and resolution. Let's Chat! Evolve and Resolve from the condition of SILENCE!





## Who We Are

The mission of the DCSPATF is to promote understanding that suicide is a preventable community health problem in our county. The Task Force is comprised entirely of volunteers, from all walks of life. The Task Force is committed to providing education, information, and advocacy through a variety of forums including our Speakers' Bureau, mini-workshops, written material, participation in a variety of health fairs, community activities and events, and this symposium.

This year, our focus has been on promoting open communication about suicide prevention, intervention and postvention within our community. Last year, our focus had been on providing education and information to primary care physicians about responding to patients in mental health distress. We have carefully developed our guidelines for communicating with the press and media and have built the foundation from which our prevention and postvention efforts have evolved.

We invite YOU:

EMS

Clergy

Law Enforcement

Nurses

Psychologists

Probation Officers

Physicians

School Officials

Social Workers

Human Resources

Family and Community Members

Come to learn new information and skills to take back to your organization, and identify new ways you can take action toward county-wide awareness and suicide prevention.

**You Can Make a Difference!**



## What About Tomorrow? An Integrated Approach to Preventing Suicide

### Registration Form

November 21, 2019

Name: \_\_\_\_\_

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

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Phone: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

\_\_\_ I am sponsor

\_\_\_ I am a presenter

Please check Continuing Education Credits: (all CE's are pending)

6.00 ACT 48 (\$25 additional paid directly to DCIU through link below)      DCIU link  
<https://www.mylearningplan.com/WebReg/ActivityProfile.asp?I=3241282&D=16864>

6.00 LSW/LCSW/LPC/MFT pending  
(15 NASW members, \$25 for non-members additional)      +\$ \_\_\_\_\_

6.00 PCB pending (no fee)      \$ \_\_\_\_\_ 0.00 \_\_\_\_\_

6.00 Clergy (no fee)      \$ \_\_\_\_\_ 0.00 \_\_\_\_\_

6.00 Nursing (no fee)      \$ \_\_\_\_\_ 0.00 \_\_\_\_\_

6.00 CME Category 2-self report (no fee)      \$ \_\_\_\_\_ 0.00 \_\_\_\_\_

6.00 EMS pending (no fee)      \$ \_\_\_\_\_ 0.00 \_\_\_\_\_

PLUS Conference Registration Fee: \$85      +\$ \_\_\_\_\_ 85.00 \_\_\_\_\_

Student Rate: \$50 with copy of school ID      \$ \_\_\_\_\_

Total:      = \$ \_\_\_\_\_

Break-out session choices: (Please indicate choices 1, 2, 3 for both AM and PM sessions):

AM Session A

AM Session B

AM Session C

PM Session D

PM Session E

PM Session F

#### Continuing Education Sponsors:

PA National Association of Social Workers-Brandywine Division

Delaware County Intermediate Unit

Delaware County Office of Behavioral Health

Questions? Contact Ellen Chung at 610-416-4001 or [ellen\\_chung@elwyn.org](mailto:ellen_chung@elwyn.org).

Please mail registration form with payment by November 5th to:

DCSPATF

491 Baltimore Pike #319

Springfield, PA 19064



