

# Northeast Wisconsin Suicide Prevention Summit

Bringing Hope to  
Those Affected by Suicide

Thursday, October 24, 2019

9 a.m. - 4 p.m.

Liberty Hall, 800 Eisenhower Drive, Kimberly, WI



This summit is designed to help participants increase their understanding of suicide and its prevalence, identify risk factors for specific populations and help those who serve individuals and families find better ways to reach those who are suffering. This event will provide specific information about suicide prevention, assessment and intervention.

**Registration Fee: \$129**

Includes presentations, continental breakfast, lunch, snacks and beverages, printed materials and CEU/CEH certificate.

**Continuing Education: 0.6 CEUs/6 CEHs**

Continuing education credit hours are available for social workers, licensed professional counselors, health and human service professionals, nursing home administrators and marriage and family therapists. Participants must attend the entire summit to receive all of the CEUs/CEHs.

**Who Should Attend?**

- Psychologists
- Social workers and counselors
- Teachers
- School counselors
- Clergy and pastoral care professionals
- Law enforcement officials
- Nurses
- Paramedics
- Medical assistants
- Youth leaders
- Student services personnel
- Interested/affected community members

Community resources will be available on-site at the summit!



**Keynote Speaker**

**“Palette of Grief® After a Suicide”**

Barbara Rubel, MA, BCETS, DAAETS

Where the goal of *prevention* is to stop people from becoming suicidal, and *intervention* is to reduce suicidality in those who are already suicidal, the goal of *postvention* is to support those individuals affected by a suicide. Being that suicide is a public health problem, we all need to care about this challenge. Interventions may comprise school-based, family-focused or community-based postventions. There is no one single approach to applying bereavement support. Most bereaved individuals depend upon their support systems and do not need professional intervention. This program will provide insight into how grief gets complicated in bereaved children and adults; how they adapt and integrate the suicide loss into their life narrative; and how applying contemporary mourning theories help them cope in the aftermath of suicide.

Barbara Rubel is a nationally recognized author and speaker on suicide-loss bereavement and building community resilience. Barbara holds a BS in Psychology and a MA in Community Health from Brooklyn College. She is a Certified Bereavement Specialist and Board-Certified Expert in Traumatic Stress, and she is featured in the Emmy Award-winning documentary, *Fatal Mistakes*.

**Breakout Sessions will appeal to suicide prevention professionals as well as those who have a personal interest in suicide prevention.**

**Addiction: Yes, It is a Brain Disease**

Greg Delaney, LSAC

This session will focus on the basic characteristics of addiction as a primary, chronic and fatal disease of the brain.

**Brainspotting**

Cherie Lindberg, LPC, NCC

Brainspotting is a powerful, body-brain based relational psychotherapy. This focused mindfulness treatment method works by identifying, processing and releasing core neurophysiological sources of emotional/ body pain, trauma, dissociation and a variety of challenging symptoms.

**Crisis Intervention Team: Role in Mental Health/Suicide Prevention**

Chris Groeschl, PO, C.I.T.

Discuss the role of law enforcement officers when dealing with a person in crisis, from possible emergency detention through follow up preventative measures.

**Mental Health Challenges and Suicide Prevention: A Mother and Daughter’s Journey**

Barb Bigalke, BS, MSW and  
Chloe Bigalke

Join in an open discussion as mother and daughter share their feelings, thoughts and experiences through the daughter’s mental health challenges.

**Military Suicides and Connections**

Mike Crum, MSW

In this session, we will explore how connections play an important role in suicide prevention. When a veteran/service member loses their connection to each other, to their family, their branch of service and to purpose, these losses may lead to thoughts of suicide. The session will encourage conversation and discussion around how to build connections and relationships with veterans/service members by focusing on ways to reach out, resources available and how to ask the tough question: “Are you thinking about suicide?”

**Data and Youth at Risk: Using Statewide Behavior Risk Data to Address Youth Suicide**

Jackie Schoening, MSW

This session will feature the most recent Wisconsin Youth Risk Behavior Survey data.

**Panel Discussion: Stories of Loss, Grief and Hope**

Lynn Stinski, Joann Hopfensperger,  
Mike Hopfensperger, Harry Porath,  
Lois Porath

Participants will have the opportunity to learn from stories of suicide loss and of finding hope and support through the grief journey.

Learn more and register

[bit.ly/new-suicide-prevention](https://bit.ly/new-suicide-prevention)