

2023 Suicide Prevention Webinar Series

DESCRIPTION:

The Iowa Department of Health and Human Services (Iowa HHS) and Your Life Iowa are pleased to offer a free Suicide Prevention Webinar Series this summer. The webinar series consists of four sessions and open to the public, including individuals, family members, professionals and community organizations to help in raising awareness around suicide and suicide prevention.



Session 1: Supporting Suicide Loss Survivors

Date/Time: June 9, 2023; 9 am – 11 am
Presented by: Doreen S. Marshall, Ph.D.,
American Foundation for Suicide Prevention
[Click here to register](#)

Session 2: A Comprehensive Suicide Prevention Response to Iowa Agriculture Stressors

Date/Time: June 21, 2023; 9 am - 10 am
Presented by: David N. Brown, Ph.D., LMFT,
CFLE, Iowa State University Extension and
Outreach
[Click here to register](#)

Session 3: CALM (Counseling on Access to Lethal Means)

Date/Time: July 14, 2023; 8 am - 11 am
Presented by: Lori Reynolds, LISW, VA-
Central Iowa Health Care System
[Click here to register](#)

Session 4: LGBTQ 101 and Mental Health Best Practices

Date/Time: August 2, 2023; 9 am - 10:30 am
Presented by: Max Mowitz, One Iowa
[Click here to register](#)

Continuing Education (CEUs) have been approved by Iowa Board of Certification for the four webinars. To be eligible for CEUs, registrants must attend the entire session. There is a separate registration link for each of the sessions. Upon completing registration for the preferred session(s), registrants will receive a confirmation email.

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SESSION #1

Title: Supporting Suicide Loss Survivors

Date: June 9, 2023

Presenter: Doreen, S. Marshall, Ph.D., American Foundation for Suicide Prevention

Time: 9 am – 11 am

Description:

This workshop will provide a focused overview of the impact of suicide on survivors, and the clinical and support responses that are needed after a suicide occurs.

Topics to be covered will include:

- The psychological impact of suicide on survivors and common themes in the bereavement of survivors
- The tasks of loss integration and recovery for survivors
- Postvention options for survivors
- Resources for those experiencing suicide loss

Objectives:

- Participants will be able to offer a working definition of a suicide survivor
- Participants will be able to identify at least five common themes in the impact of suicide on survivors
- Participants will be able to describe several options and resources for support with survivors

Registration Link:

https://us02web.zoom.us/webinar/register/WN_Fmb_rMW8Rti7_T47NDI6zg#/registration

CEUs Approved by Iowa Board of Certification | 2.0 hrs. Counseling Theories & Techniques or Special Populations

Presenter Biography

As a psychologist with experience that spans clinical, educational, and professional settings, Dr. Doreen Marshall has been engaged in local and national suicide prevention work for nearly 20 years. Since joining AFSP in 2014, Dr. Marshall has expanded AFSP's menu of education programs for both clinicians and general audiences and revamped the infrastructure to improve program delivery through a nationwide network of chapters. In her current role, Dr. Marshall fosters partnerships and collaborations with other organizations to advance AFSP's mission to save lives and bring hope to those affected by suicide. Prior to joining AFSP, she served in a number of roles, including as a consultant for both national and state suicide prevention and postvention initiatives, which included providing suicide prevention training for the Division of Behavioral Health and Developmental Disabilities and serving on a task force of the National Action Alliance for Suicide Prevention.

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SESSION #2

Title: A Comprehensive Suicide Prevention Response to Iowa Agriculture Stressors

Date: June 21, 2023

**Presenter: David Brown, Ph.D., LMFT, CFLE,
Iowa State University Extension and Outreach**

Time: 9 am – 10 am

Description:

Iowa State University Extension and Outreach developed a comprehensive suicide prevention response to a series of agriculture related stressors, including the COVID-19 pandemic. This comprehensive package included the implementation of virtual Mental Health First Aid (MHFA), Question, Persuade, Refer. (QPR) and the enhancement of the Iowa Concern hotline. Implementation plans, funding, program execution, successes, lessons learned, and outcomes for each program response are reviewed.

Objectives:

- Participants will become familiar with the scope and impact of stressors affecting Iowa agriculture.
- Participants will learn about the responsive implementation and outcomes of three programs targeting farmers and their advocates, Stress on the Farm, Mental Health First Aid and QPR (Question, Persuade, Refer).
- Participants will be presented with Iowa Concern Usage.

Registration Link

https://us02web.zoom.us/webinar/register/WN_6vutPZltSqaKJZm9OUwTpQ

CEUs Approved by Iowa Board of Certification | 1.0 hr. Counseling Theories & Techniques

Presenter Biography

David Brown, Ph.D., LMFT, CFLE currently serves as the Behavioral Health State Specialist for Iowa State University Extension and Outreach (ISUEO). His key program and grant emphases are farm stress assistance, workplace resilience, mental health awareness, and suicide prevention. He received his Doctorate in Human Development and Family Studies, with a Specialization in Marriage and Family Therapy, from Iowa State University and his Masters of Science degree from Texas Tech University in Family Studies. He is licensed as a Marital and Family Therapist in the State of Iowa, a Clinical Fellow of the American Association for Marriage and Family Therapy and a Certified Family Life Educator with the National Council on Family Relations.

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SESSION #3

Title: CALM (Counseling on Access to Lethal Means)

Date: July 14, 2023

Presenter: Lori Reynolds, LISW, VA-Central Iowa Health Care System

Time: 8 am – 11 am

Description:

CALM (Counseling on Access to Lethal Means) provides mental health professionals within a healthcare team working with Veterans and their families an increased knowledge about the association between access to lethal means and suicide and the role of means restriction in preventing suicide.

Accessibility to lethal means contributes to suicide. Therefore, reducing access to lethal mean is an evidence-based strategy for suicide prevention. Working with patients and their families to develop a specific plan to reduce access to lethal means and follow-up on the plan over time is one of the strategies for suicide prevention.

Increased utilization of safety plans addressing access to lethal means is an outcome for this training. From this Live Virtual training, providers will have a better understanding of lethal means and be able to advise patients on means reduction techniques. Family awareness and participation in means reduction will result in suicide prevention.

Objectives:

- Participants will identify how reducing access to lethal means is an evidence-based strategy for suicide prevention;
- Participants will explain how reducing access to lethal means can prevent suicide;
- Participants will identify clients for whom lethal means counseling is appropriate;
- Participants will describe strategies for raising the topic of lethal means and to feel comfortable and competent in applying these strategies with clients;
- Participants will discuss how to advise clients on specific off-site and in-home storage options for firearms and strategies to limit access to dangerous medications;
- Participants will discuss how to develop a specific plan to reduce access to lethal means and how to follow up on the plan with clients and families

Registration Link

https://us02web.zoom.us/webinar/register/WN_twBmrQ7OTYS3JNbd3VLiA

CEUs Approved by Iowa Board of Certification | 3.0 hrs. Counseling Theories & Techniques

Presenter Biography

Lori Reynolds, LISW, has been a provider for Mental Health services since graduating with an MSW from the University of Iowa in 1993. She was independently licensed in 1995. For the first 14 years of her career she worked in Community Mental Health as a psychotherapist, first with children and adolescents before changing to strictly adult care in 2003. Lori has been employed by VA-Central Iowa Health Care System since August of 2007. She originally provided social work services in an acute

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inpatient psychiatric setting. She moved to providing outpatient psychotherapy in 2013. Currently she holds the position of Community Engagement and Partnership Coordinator. This position was created because every day we lose 20 Veterans and Service Members to suicide. Of the 20 only 6 are involved in VA care. The VA is taking a public health approach to suicide prevention in an effort to reduce not only suicide in Veterans but non veterans as well. As Education is an important part of her mission she is a trainer for VA SAVE, CALM, Adult Mental Health First Aid, Veterans in Crisis: Mental Health and Suicide Prevention as well as What We think Matters.

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SESSION #4

Title: LGBTQ 101 and Mental Health Best Practices

Date: August 2, 2023

Presented by: Max Mowitz, CCHW, One Iowa

Time: 9 am – 10:30 am

Description

Supporting the mental health of all Iowans includes supporting the well-being of LGBTQ folks and their families. LGBTQ people represent one of the highest-risk populations for depression, anxiety, suicide, and substance use problems. Join Max Mowitz (they/he) to learn about the needs and experiences of LGBTQ people and best practices to support their mental health.

Objectives:

- Participants will be able to explain the meaning of the term LGBTQ+ and its associated identities.
- Participants will be able to describe different LGBTQ terms, including sexual orientation, gender identity, et cetera.
- Participants will be able to recommend best practices for working with LGBTQ people including pronouns, gender-neutral language, and the art of the apology.
- Participants will be able to discuss the factors that impact mental health and suicide within the LGBTQ community.

Registration Link

https://us02web.zoom.us/webinar/register/WN_Ry9n46E-SrmymqPrU_dIbA

CEUs Approved by Iowa Board of Certification | 1.5 hrs. Special Populations

Presenter Biography

Max Mowitz is a Program Director at One Iowa, Iowa's statewide LGBTQ advocacy organization, overseeing organizational programming, direct service, and community education via LGBTQ training. Max has been active in LGBTQ advocacy work since coming out in high school, focusing on comprehensive LGBTQ education to the broader community as a component of queer liberation. Max is a certified Community Health Worker and specializes in topics related to the trans and nonbinary community, LGBTQ birth work, LGBTQ-inclusive healthcare, and mental health.