

BERGEN NEW JERSEY *County*

Bergen County Executive

James J. Tedesco III

and the

Board of County Commissioners

with the

Bergen County Department of Health

Bergen County Department of Human Services

Human Services Institute



Professional Development Seminars

"Let's Talk About Suicide"

DATE: Monday October 16, 2023

PLACE: Two Bergen County Plaza, Conference Room

Hackensack, NJ 07601

TIME: 8:30AM to 3:00PM

3.75 Clinical CE's

Suicide is now either the second or third leading cause of death for youth in the U.S. depending on their age. Elementary age children are threatening suicide at increasing rates. Suicide rates have increased for children of color. The 2021 Youth Risk Behavior Surveillance (YRBS) results from the CDC survey of high school age youth found that 57% of girls and 29% of boys reported feeling persistently sad or hopeless two or more weeks in a row during the last twelve months. A few states surveyed middle school students about at-risk behaviors and the results are equally alarming. Schools play a key role in youth suicide prevention by partnering with local and state prevention resources. School administrators provide guidance to all school mental health personnel who screen students for suicide risk, develop written safety plans, notify parents, and refer for community-based services and provide follow-up at school. This workshop will provide extensive information on the role of schools and communities in youth suicide prevention.

Unfortunately, schools and communities must also be prepared to respond if a suicide has occurred to reduce suicide contagion. Dr. Scott Poland has assisted many communities that have experienced a youth suicide point cluster. This presentation will help schools implement prevention and intervention plans that support suicidal and/or grieving students when a suicide has occurred. Dr. Poland has also served as an expert witness in legal cases where schools were sued after a student suicide. He will discuss the prevention lessons from those cases.

About the Course:

This course will explore theories and concepts of human behavior and social environment as it relates to suicidal behavior, prevention efforts, intervention, and postvention. This course will relate to social work practice, knowledge, and skills as it will provide attendees with the information and skills needed to work those who struggle with suicidality and have dealt with a suicide loss.

About the Instructor: Dr. Scott Poland is a licensed Psychologist and a member of the Texas Board of Psychology. He is also a Nationally Certified School Psychologist. Currently he serves as Professor in the College of Psychology and as Director of the Suicide and Violence Prevention Office at Nova Southeastern University in Ft. Lauderdale, Florida.

Who Should Attend:

This intermediate workshop is designed for Social Workers, Psychologists, Mental Health Care Providers, or anyone in a school setting interested in learning how to help prevent youth suicide.

Course Objectives:

1. Identify the incidence of youth suicide and analyze the foundational issues for youth suicide.
2. Identify adverse experiences for youth and how they contribute to youth suicide.
3. Identify protective factors that prevent youth suicide.
4. Describe the interpersonal theory of suicide.
5. Explain how to develop a comprehensive best practices model for suicide prevention.
6. Describe how to develop a comprehensive best practices model for suicide intervention.
7. Describe how to develop a comprehensive best practices model for suicide postvention.
8. Explain the complex relationship between bullying and suicide.

Course Outline:

8:30AM-9:00AM- Registration

9:00AM-9:15AM- Welcome

9:15AM-9:30AM- Introduction of Dr. Scott Poland

9:30AM-10:30AM- Topic 1-Incidence of Youth Suicide and Analyze the Foundational Issues for Youth Suicide (Dr. Scott Poland)

10:30AM-12:00PM- Topic 2- Interventions for Suicidal Youth (Dr. Scott Poland)

12:00PM-12:30PM- Lunch

12:30PM-1:30PM- Topic 3-Suicide Postvention (Dr. Scott Poland)

1:30PM-1:45PM- Kalisha Smith is a LCSW on staff with the Society for the Prevention of Teen Suicide (SPTS). Kalisha will share the work SPTS is doing and how they can help community partners embed best practices for suicide pre-vention throughout the County.

1:45PM-2:45PM- Lived Experience Panel-Moderated by Kalisha Smith

Jordan is a public speaker for “Minding your Mind” who discusses the mental health issues and disorders that affect so many of us. He is a survivor of a suicide attempt during his senior year in high school and shares his powerful story of fighting depression and finding recovery.

Wendy Sefcik is the Suicide Prevention Coordinator for Bergen County. Wendy’s son T.J. died by suicide and since losing him she has worked tirelessly to educate others on the risks of suicide and how we can all play a role in prevention. Wendy also serves as Chair for the NJ Youth Suicide Prevention Advisory Council and as a part of the Traumatic Loss Coalition Lead Response Team.

Dr. Poland is the Director of the Suicide and Violence Prevention Office at Nova Southwestern University in Fort Lauderdale, FL. Dr. Poland is a licensed psychologist and an internationally recognized expert on school safety, youth suicide, self-injury, bullying, school crisis prevention/intervention, threat assessment and parenting in challenging times. He is also the survivor of a suicide loss.

**Seating is limited – please register by emailing tcannon@co.bergen.nj.us
or calling (201) 336-7425.**

Lunch will be served.

Notice to providers of New Jersey SW Continuing Education:

"Let's Talk about Suicide", Course #5162, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Bergen County Department of Human Services, Human Services Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 09/19/2023 - 09/19/2025. Social workers completing this course receive 3.75 clinical continuing education credits.

To receive a certificate (for CEs):

Participants must attend the entire the workshop, sign in, sign out, *and* complete an evaluation.
Certificates will be distributed within at the conclusion of the workshop.

If you have any questions or concerns, or need special accommodations, please call (201) 336-7425.



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