



MARYLAND'S 32ND ANNUAL SUICIDE PREVENTION CONFERENCE

Breaking Down Silos

October 7, 2020

Welcome Letter

**"Breaking down silos
can spark innovation in unexpected ways."
- Gillian Tett**

Dear Colleagues,

It is with great pleasure that we welcome you to Maryland's 32nd Annual Suicide Prevention Conference. Our conference theme is "Breaking Down Silos", which is a timely focus for this year. While the COVID-19 crisis has heightened feelings of anxiety and isolation, it has also given us a chance to be more creative in our resources and response. These times have brought trials and tribulations, but we rise to them. We must adapt to the challenges that we face. As we navigate the unknown impact of COVID-19 on suicide risk, it is more crucial than ever to collaborate and strengthen our response for suicide prevention.

The objective for this conference is to provide innovative ways to respond to and address suicide within your communities. We have brought together distinguished presenters from many fields to share their expertise with you. The variety of workshops address suicide risk and prevention throughout the lifespan, and include specialized topics for groups at higher risk of suicide. The format of the conference allows you to choose workshops that will make the most impact in your work.

This is the first time in our decades-long history that our conference is being held virtually, and we hope that this convening brings you opportunities for learning, community, and collaboration. We invite you to share your ideas on improvements, innovations, and potential partnerships so that we may continue our mission of preventing suicide in Maryland by contacting mdh.suicideprevention@maryland.gov.

Thank you for joining us today.

Sincerely,

Maryland Suicide Prevention Office

Conference Agenda

Virtual Conference (Live, Interactive, Real-Time)

9:00 - 9:30 AM	Opening Remarks Aliya Jones, MD, MBA <i>Deputy Secretary of Behavioral Health Administration, Maryland Department of Health</i> Janel Cubbage, LGPC <i>Director of Suicide Prevention, Behavioral Health Administration Chair, Governor's Commission on Suicide Prevention</i>
9:30 - 10:45 AM	Keynote: Suicide and Access to Lethal Means Paul Nestadt, M.D. <i>Assistant Professor, Johns Hopkins School of Medicine Co-Director and Supervising Psychiatrist, Johns Hopkins Anxiety Disorder Clinic</i>
10:45 - 11:00 AM	Break
11:00 - 12:00 PM	Session 1
12:00 - 12:45 PM	Lunch
12:45 - 2:15 PM	Arts Performance & Plenary: Survivors of Suicide Panel
2:15 - 3:15 PM	Session 2
3:15 - 3:30 PM	Break
3:30 - 4:30 PM	Session 3
4:30 - 4:45 PM	Closing Remarks and Adjournment

As an accredited academic institution, the University of Maryland School of Medicine's Training Center is an approved sponsor of the Maryland Board of Social Work Examiners for 6.0 Continuing Education credits (Category 1) for licensed social workers in Maryland; as a sponsor of 6.0 Continuing Education (CE) acceptable to the Maryland Board of Examiners of Psychologists; and 6.0 Continuing Education Units (Category A) by the Board of Professional Counselors and Therapists, upon completion of this training and a completed evaluation. The Training Center maintains responsibility for this program. A Certificate of Attendance will be made available for all other disciplines.

Instructions

- 1 Zoom Webinar is the platform used for the conference. Prior to the conference, log into your Zoom account at zoom.us/signin. **Your account must use the same First Name, Last Name, and Email Address that you used for your registration.** If you do not already have an account, you can create one for free at zoom.us/signup.

NOTICE: You must use the same Zoom account for every session to accurately track attendance for CEU credit. The account name and email address must match the details you provided during registration.

- 2 Go to the Session Links section on Pages 5-7. Click the link for the session, which will open a Zoom Webinar room. Enter the session passcode when prompted.
- 3 Session Descriptions are on Pages 8-14. For breakout sessions, choose the session you are most interested in.
- 4 Information for resources, including crisis helplines and support services, are on Pages 15-16. If you experience distress or want to learn more, please refer to those resources or contact us.
- 5 After the conference, your attendance will be tracked. You will receive an evaluation link in an email by October 16. Once you have completed your evaluation, you will receive your CEU certificate.
- 6 All sessions will be recorded and posted to our website 1-2 weeks after the conference:

<https://health.maryland.gov/suicideprevention/Pages/home.aspx>

.....

Questions? Concerns? Please reach out to us at mdh.suicideprevention@maryland.gov

Session Links

Opening Remarks & Keynote

9:00 - 10:45 AM

Keynote Information on Page 8

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

Session 1 Choose One (Descriptions on Page 9)

11:00 - 12:00 PM

A *Black Boys and Men and Suicide*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

.....

B *The Body Remembers: Nature-Informed Approach to Trauma Recovery in Children*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

.....

C *Risk Management Strategies for Caregivers: Effective Ways to Address Lethal Means*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

.....

D *VA Suicide Prevention Program: Evidence Based Strategies and Community Partnerships Combat Veteran Suicides*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

Session Links

Arts Performance & Plenary: Survivors of Suicide Panel

12:45 - 2:15 PM

Panelist Information on Pages 10-12

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

Session 2 Choose One (Descriptions on Page 13)

2:15 - 3:15 PM

- A** *Creating an Online Map of Safe Gun Storage Sites in Maryland for Suicide Prevention: Feasibility and Future Considerations*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

.....

- B** *Trauma-Informed Care: Compassion from the Inside Out for Professionals Serving Children, Adults, and Families*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

.....

- C** *Elder Abuse and Elder Suicide: Overlapping Risks*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

.....

- D** *The Intersection of Behavioral Health, Brain Injury, and Suicide*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

Session Links

Session 3 Choose One (Descriptions on Page 14)

3:30 - 4:30 PM

A *Coming Home: Ecoculture and Suicide Prevention*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

B *It's Okay to Ask: A Community-Based Suicide Prevention Model*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

C *Older Adults and Suicide Risk: Under-reported and Under-detected*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

D *The Mental Wellbeing of First Responders*

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

Closing Remarks & Adjournment

4:30 - 4:45 PM

LINK AND PASSCODE WILL BE SENT IN FULL PROGRAM ON OCTOBER 7

Keynote Speaker



Paul Nestadt, MD *"Suicide and Access to Lethal Means"*

Paul Nestadt, MD is an assistant professor jointly appointed in the Department of Psychiatry and Behavioral Science at the Johns Hopkins School of Medicine, with a secondary appointment in the Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health. He serves as the co-director and supervising psychiatrist for the Johns Hopkins Anxiety Disorders Clinic, where he utilizes behavioral therapies such as cognitive behavioral therapy and exposure as well as psychopharmacology for anxiety disorders including PTSD, OCD, Panic, and Generalized Anxiety in patients from the US and internationally. He is an attending psychiatrist on the Motivated Behaviors Unit, an inpatient psychiatric ward specializing in the treatment of substance use disorders in the context of major psychiatric illness.

Dr. Nestadt is a leader in education regarding suicidality, anxiety disorders, and psychiatric evaluation at Johns Hopkins, where he regularly presents didactics and clinical supervision for medical students, residents, and doctoral students studying the epidemiology of mental illness. He is a Fellow of the American Psychiatric Association and is on the Executive board of the Maryland Psychiatric Society. He has written several chapters for leading psychiatric and medical textbooks, and is the managing editor of the Johns Hopkins POCIT Psychiatry guide app. He has spoken nationally and internationally on the topics of suicide risk and the role of firearms, opiates, and the limitations of screening.

His research is sponsored in part by the James Wah Center for Mood Disorders Research, the American Foundation for Suicide Prevention, and the National Institutes of Health.

Session 1

11:00 - 12:00 PM

A Black Boys and Men and Suicide

Patrice N. Douglas, PsyD, LMFT - *Licensed Psychotherapist*

This workshop focuses on the crisis of Black boys and men dying by suicide and why their rates of suicide are increasing. While statistics show that suicide deaths in the Black community is significantly lower than in other communities, Black boys and men experience trauma and violence at disproportionately high rates. This workshop will focus on undetected signs of suicide among Black boys and men, what methods outside of therapy can encourage them to get the help they need, and how communities can support them to reduce suicide deaths.

B The Body Remembers: Nature-Informed Approach to Trauma Recovery in Children

Cheryl Fisher, PhD, LCPC, Director & Assistant Professor - *Alliant International University*

The effects of trauma on childhood development are profound. However, children are resilient; even after a traumatic event, they can recover. To capitalize on the body's capacity for resiliency, children should be engaged in whole-brain, whole-body experiences that address trauma and promote agency. Nature therapy is one such approach. This workshop explores the practice of engaging in natural settings and trauma recovery for children, providing practical techniques for clinicians.

C Risk Management Strategies for Caregivers: Effective Ways to Address Lethal Means

Casey Lynn Anderson, LCPC, Supervisor - *Center for Child and Family Traumatic Stress (CCFTS) at the Kennedy Krieger Institute*

Gloria Seo, LCSW-C, Supervisor - *Center for Child and Family Traumatic Stress (CCFTS) at the Kennedy Krieger Institute*

Caregivers and parents of suicidal children/teens often face mounting risk management difficulties including suicide prevention, psychiatric hospitalizations, vicarious trauma, and children's day-to-day behavioral challenges. This workshop will focus on methods that caregivers can use to identify effective strategies for reducing children's suicidal behaviors, eliminate risk factors (particularly lethal means), and stabilize family functioning.

D VA Suicide Prevention Program: Evidence Based Strategies and Community Partnerships Combat Veteran Suicides

Nikole Jones, LCSW-C, Director of Suicide Prevention - *VA Maryland Health Care System*

Jonathan Hollands, Certified Peer Support - *VA Maryland Health Care System*

The VA's Suicide Prevention Program has been diligently supporting the mission to reduce the risk of suicide for veteran over the past 10 years. This presentation discusses some of the evidence-based strategies - including safety plans, mailing programs, peer supports, and lethal means safety initiatives - that the VA has implemented.

Arts Performance

12:45 - 1:00 PM

Jordan Lally

*"The Power of
Expression"*



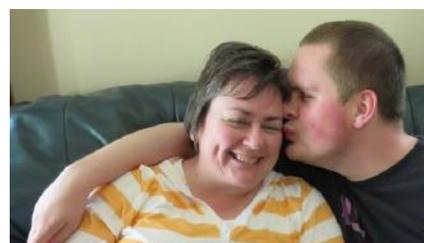
Join us for a guided meditation and musical performance from plenary panelist, Jordan Lally. Jordan is a mental health advocate, meditation teacher, singer-songwriter and speaker. Following the tragic loss of his beloved father to a battle of clinical depression that culminated in suicide, Jordan established the Ed Lally Foundation to raise awareness for mental health and erase the stigma associated with mental illness. Jordan tours nationally along with his band the Big Infinite, sharing their music and message of self-love through a variety of concerts, school assemblies and community events. Jordan earned his bachelor's degree in Psychology from Mount St. Mary's University and his Advanced Certification in Yoga Nidra, Meditation & Mindfulness from the Amrit Yoga Institute. He is Mental Health First Aid Certified. Jordan lives in Pleasant Hills, MD with his wife Megan, their two daughters and his mom Sharon. For more information, visit jordanlally.com.

Plenary: Survivors of Suicide

1:00 - 2:15 PM

Moderator: Jennilyn Landbeck

Jennilyn Landbeck is a transplant from the west. She married an east coast man she met at Brigham Young University, where she graduated in Art Education, with a French minor. They moved to Maryland, 24 years ago, and they have six children ranging from 19 years to 30, with one granddaughter. Jennilyn is an avid painter-mural artist, quilter, and science fiction reader. She was president of the Flying Geese Quilt Guild in Harford County. She zoom/teaches scripture study/seminary at 6:45 am to 11 teenagers. Patriot Program volunteer for numerous years, artist for "Conversation Tree" paper mache hearts. She has volunteered three years with Havre de Grace Safety Camp, and given suicide prevention talks at APG as part of yearly required training, and working with Harford County Office of Drug Control Policy. She is on the Governor's Suicide Prevention Commission. She lost her son, Maxwell Defiance Landbeck, 6 years ago to suicide. She is a sobriety, recovery, and suicide-prevention activist.



Linda Buck

Linda Buck lost her only son, Matthew to suicide at age 27 in 2005. He had no known history of depression. Linda and husband John found much support early on attending Seasons Support group-a peer support group in Lutherville, MD and became facilitators in 2012. She has attended the American Foundation for Suicide Prevention facilitator training and participated in walks and workshops sponsored by AFSP. Linda is a retired Registered Nurse and worked in Nursing for 42 years. She is a Michigan native, has an adult daughter, and has been married to her high school sweetheart for 49 years. She enjoys traveling, reading and swimming and catching up with friends and family all across the country.

Jamieson Brill

Jamieson Brill, MSW is the Call Center Director of Community Crisis Services, inc. (CCSi). He oversees the operations of Community Crisis Services, inc.'s 24/7 crisis hotline and overnight chat services. He is passionate about helping those in need to access services and supports to better life circumstances, having experienced challenges with mental health in his own life. The best part of his job is watching the call center team members work together to bring out their strongest, most empathic strength to help the community. During non-pandemic times, he also enjoys providing suicide prevention skills training to community members passionate about learning how to help those in need.



Plenary: Survivors of Suicide

1:00 - 2:15 PM

Jordan Lally

Jordan Lally is a mental health advocate, meditation teacher, singer-songwriter and speaker. Following the tragic loss of his beloved father to a battle of clinical depression that culminated in suicide, Jordan established the Ed Lally Foundation to raise awareness for mental health and erase the stigma associated with mental illness. Jordan tours nationally along with his band the Big Infinite, sharing their music and message of self-love through a variety of concerts, school assemblies and community events. Jordan earned his bachelor's degree in Psychology from Mount St. Mary's University and his Advanced Certification in Yoga Nidra, Meditation & Mindfulness from the Amrit Yoga Institute. He is Mental Health First Aid Certified. Jordan lives in Pleasant Hills, MD with his wife Megan, their two daughters and his mom Sharon. For more information, visit jordanlally.com.



Amber McCafferty

Amber McCafferty graduated from C. Milton Wright High School, Harford County, class of 2018 singing in All State and All National choirs and won the school choir award. She is a junior at Utah Valley University, studying music education. She lost her cousin to suicide in 2019 and a close friend in 2020.

Shannon Parkin

Shannon Parkin is a mother, a member of Silver Spring United Methodist church and a mental health recovery speaker for NAMI - Montgomery County. In 1984, Shannon fell 25 feet in a hiking accident, experiencing a traumatic brain injury. Thirty years of depression led Shannon to place herself in the path of a Metro train in 2015. With medical help and the support of her friends, and church, Shannon's depression has been in full remission since the summer of 2018. She has been riding the Metro independently since the summer of 2018, with the full approval of her psychiatrist. Shannon has a B.A in Biology from Bryn Mawr, '89, and a M.S. in Environmental Health from University of Washington, Seattle, '92 .



Tracy Talsma

Tracy Talsma was born and raised in College Park, Md. Tracy has two siblings, a twin brother and a younger brother. She lives in Rising Sun Md, is married with two step sons, and has recently retired from the federal government as a Program Analyst with over 31 years of service. In her free time, Tracy enjoys camping, refinishing furniture, entertaining, traveling, spending time with friends and family. Tracy lost her younger brother, Shane Creamer, by suicide on Jun 26, 2019 at the age of 47.

Session 2

2:15 - 3:15 PM

A **Creating an Online Map of Safe Gun Storage Sites in Maryland for Suicide Prevention: Feasibility and Future Considerations**

Diana Bongiorno, MPH - Johns Hopkins Bloomberg School of Public Health

Eric Kramer, MPH - Johns Hopkins Bloomberg School of Public Health

Reducing access to lethal means of self-harm is a cornerstone of suicide prevention. Outside the scope of Extreme Risk Protective Orders, Marylanders may wish to voluntarily store firearms outside of their home on a temporary basis. This presentation discusses the creation of an online map of gun shops and law enforcement agencies in Maryland willing to offer temporary, voluntary gun storage on a case-by-case basis.

B **Trauma-Informed Care: Compassion from the Inside Out for Professionals Serving Children, Adults, and Families**

Shayne McNichols, LMSW, Owner & Therapist - The Blossom Counseling Center

Attendees will learn about the fundamentals of trauma (i.e. the definition and types of trauma, common symptoms attached to a traumatic experience and PTSD diagnosing requirements). Additionally, attendees will process a case vignette within individualized and group contexts, giving insight into a subject's cognitive, emotional, and behavioral complex trauma experience. Attendees will learn how to respond to the individuals that experience trauma in a trauma-informed care fashion. Lastly, attendees will assess for compassion fatigue and create a plan for self-care.

C **Elder Abuse and Elder Suicide: Overlapping Risks**

Tony Salvatore, MA, Director of Suicide Prevention - Montgomery County Emergency Services

Elder abuse and elder suicide have many common risk factors. Currently, elder abuse reporting does not address signs of suicidal behavior. Elder suicide risk is well-documented but its presence in abused elders is overlooked. This presentation discusses ways that elder abuse and elder suicide overlap, along with measures for identifying risk and preventing suicides in vulnerable elders.

D **The Intersection of Behavioral Health, Brain Injury, and Suicide**

Anastasia Edmonston, MS, CRC, TBI Grant Coordinator - MD Behavioral Health Administration

Kris Wright, LCPC, Trainer Consultant - University of Maryland SOM Department of Psychiatry

This workshop will share how needs and priorities for individuals with behavioral health challenges who are also living with a history of brain injury can be identified by the Daily Living Activities-20 (DLA-20). The intersections of these co-occurring conditions, and how they contribute to heightened suicide risk, will be discussed. Through screening and accommodations, providers can support and engage with individuals living with both behavioral health challenges and a history of brain injury.

Session 3

3:30 - 4:30 PM

A Coming Home: Ecoculture and Suicide Prevention

Cheryl Fisher, PhD, LCPC, Director & Assistant Professor - Alliant International University

The history of humanity is held in the context of the ecosystems in which it takes place. Many marginalized communities have been stripped of their narratives and their ancestral lands. Research indicates that connecting to our ancestral stories and landscapes promotes a sense of belonging, contributes to resiliency, and reduces suicide rates in communities. This presentation focuses on practical skills that counselors can use to help clients reconnect to their ancestral ecoculture and the power of their ancestral narratives.

B It's Okay to Ask: A Community-Based Suicide Prevention Model

Colleen Nester, LCSW-C, Supervisor - Howard County Health Department Youth and Family Support Services

Leah Bulka, LMSW, Behavioral Health Navigator & Youth Suicide Prevention Coordinator - Howard County Health Department Youth and Family Support Services

National suicide rates among teens and young adults has tripled since the 1940s. In this workshop, learn how one community developed a multi-phased Youth Suicide Prevention Plan to incorporate evidence-based strategies, an awareness campaign, and community-based collaboration to address suicide prevention. A small panel discussion will provide an opportunity to hear first-hand about how the Sources of Strength peer leadership program has been implemented.

C Older Adults and Suicide Risk: Under-reported and Under-detected

Heather Hughes, LMSW, Older Adult PASRR Specialist - Anne Arundel County Mental Health Agency

Within this presentation, participants will gain a better understanding of the risk factors for older adult suicide. Factors contributing to the rise of older adult suicide will be discussed, along with a discussion of reasons why older adult suicide is under-reported. Participants will learn about Older Adult Suicide Risk Assessment Tools as well as resources for working with the geriatric population.

D The Mental Wellbeing of First Responders

Steven Thomas, CCISM, CIT & Peer Support Team Coordinator - Anne Arundel County Police

Michelle Warshauer, MS, NCC, CCISM, Education and Training Curriculum Specialist - International Critical Incident Stress Foundation

This workshop will discuss the experiences of many of those who work on the front lines of crises. Fire/EMS, Public Safety and Health Care Professionals often have a higher exposure to stress and trauma than the general public, which impacts mental well-being. This presentation will present data related to mental health, the impact of trauma, and early intervention programs for these populations.

Resources: Crisis Helplines



DIAL 2-1-1, PRESS 1

**NEED TO TALK? WE'RE HERE FOR YOU,
ALL CALLS ARE CONFIDENTIAL**



If you are in Maryland and you have a mental health or substance use concern, or if you are experiencing crisis:

Call 2-1-1, Press 1

Text Your Zipcode to 898-211

Chat Online at <https://211md.org/chat-with-us/>

NATIONAL

SUICIDE

PREVENTION

LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

In crisis?

**Text HELLO
to 741741.**

**Free, 24/7, confidential
crisis support by text.**

CRISIS TEXT LINE |

Resources: Support Services



**American
Foundation
for Suicide
Prevention**

Maryland

For helpful tips for you or a loved one:

<https://afsp.org/get-help>

If you have experienced a loss to suicide, join
the Healing Conversations Program:

<https://afsp.org/healing-conversations>

For suicide prevention resources for BIPOC:

<https://afsp.org/minority-mental-health-resources>

For Grief & Loss Resources in the state of Maryland, visit the MDH
Behavioral Health Administration's website:

<https://bha.health.maryland.gov/Pages/Grief-and-Loss-Resources.aspx>



To find a Maryland mental health
support group and other educational
resources, visit NAMI Maryland:

<http://namimd.org/>

NATIONAL **HELPLINE**

For mental health treatment
referrals and resources, call
SAMHSA's 24/7, 365-day-a-year
National Helpline:

1-800-662-4357

For more Maryland Suicide Prevention resources, visit our website:

<https://health.maryland.gov/suicideprevention/Pages/home.aspx>

Looking for more information? Contact us:

mdh.suicideprevention@maryland.gov

Sponsors

American Foundation for Suicide Prevention, Maryland Chapter



**American
Foundation
for Suicide
Prevention**

Maryland

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide by engaging in funding critical research, educating the public about mental health and suicide prevention, advocating for public policies in mental health and suicide prevention, and supporting survivors of suicide loss.

afsp.org/maryland

Baltimore Crisis Response, Inc.



Baltimore Crisis Response, Inc. (BCRI) provides Baltimore city with 24-hour crisis intervention services. BCRI's mission is to provide timely and effective community based services in the least restrictive environment. Our core value is to provide quality care and services to our clients through recovery, connection, and community. Call our 24/7 Here 2 Help Hotline for more information 410-433-5175.

www.bcresponse.org

Maryland Center for Developmental Disabilities at Kennedy Krieger Institute



Maryland Center for Developmental Disabilities
at Kennedy Krieger Institute

Building Partnerships. Changing Lives.

The mission of the Maryland Center for Developmental Disabilities is to provide leadership that advances the inclusion of people with intellectual, developmental and other disabilities through pre-service training and continuing education, community services and technical assistance, research and evaluation, and information dissemination.

mcdd.kennedykrieger.org

Sponsors

New Hope Treatment Centers



New Hope Treatment Centers is a safe and secure, 150-bed psychiatric residential treatment facility, fully accredited by The Joint Commission, located in Rock Hill, SC. This setting also operates a fully accredited private school & offers comprehensive medical/dental care and recreational therapy services on site. Eight distinct therapeutic communities offer specialized services for young men & women who present with a variety of challenges, including mood disorders, behavioral disorders, autism spectrum disorder & problem sexual behavior. Staff is specially trained to provide a trauma-informed approach for young people & their families.

www.newhopetreatment.com

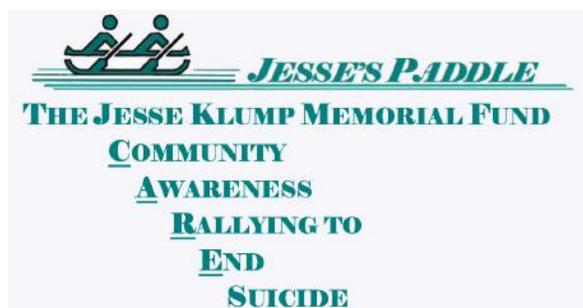
Sheppard Pratt



Sheppard Pratt is the largest private, nonprofit provider of mental health, substance use, developmental disability, special education, and social services in the country. A nationwide resource, Sheppard Pratt provides more than 160 programs across 380+ sites of services spanning both hospital- and community-based.

<https://www.sheppardpratt.org/>

The Jesse Klump Memorial Fund, Inc.



The Jesse Klump Memorial Fund provides suicide prevention training, guides to mental health resources, and hosts suicide griever's support groups on Maryland's lower Eastern Shore.

<http://www.jessespaddle.org/>

Sponsors

NAMI Maryland, Inc.



NAMI Maryland is a grassroots organization dedicated to improve the quality of life for individuals and their families coping with mental illness. They are dedicated to providing education, support, and advocacy for persons with mental illness, their families, and the wider community.

NAMI Maryland is dedicated to providing education, support, and advocacy for individuals with mental illness, their families, and the wider community. For more information, contact (877)-878-2371 or email info@namimd.org

<http://namimd.org/>

10632 Little Patuxent Parkway, Suite 454 • Columbia, MD 21044
410-884-8691 • www.namimd.org

Institute for HEALing, LLC



iHEAL, a full-service wellness agency based in Owings Mills, offers individual, group, and family therapy through its outpatient mental health clinic. iHEAL also offers psychiatric services, psychoeducational testing, and psychological evaluations for weight loss surgery. In addition, its mobile treatment program services patients with serious and persistent mental illness in the community.

INSTITUTE FOR HEALING
Where healing happens

www.myiHEAL.com

The 32nd Annual Suicide Prevention Conference would not have been possible without the generous contributions of our sponsors. We extend our sincerest gratitude to these distinguished organizations for their support, and for their valuable work in our communities!

If your organization is interested in sponsoring next year's conference, please reach out to us at mdh.suicideprevention@maryland.gov.

Special Thanks

Suicide Prevention Planning Committee

Wendy Baysmore

Vera Carter

Janel Cubbage

Indrani Dial-Maraj

Jennilyn Landbeck

Andrelle Mathelier

Letitia McMillion

Natalie Miller

Sherrie Noonan

Mirian Ofonedu

Indu Radhakrishnan

Holly Wilcox