



The Suicide Prevention Community Council of Hamilton presents:
The 9th Annual Suicide Prevention Conference

Engage & Equip

Date: Tuesday, October 27, 2009

Time: 8:00 a.m. - 3:15 p.m.

Location: Carmen's Banquet & Convention Centre
1520 Stone Church Road East, Hamilton, Ontario

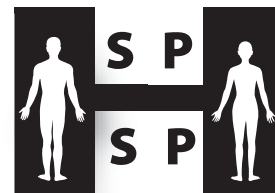
Registration: Register online at spcch.org or
Karelo.com event search "suicide"

Fee: \$75.00

\$50.00 for SPCCH members
\$30.00 for Students/Volunteers

Deadline: Friday, October 23, 2009

For information, contact Conference Registrar at
info@spcch.org



Suicide Prevention Community
Council of Hamilton

www.spcch.org

Engage in the need for suicide prevention. **Equip** yourself with skills related to suicide prevention.

Agenda	8:00	Registration, displays and continental breakfast
	9:00	Opening remarks by Lorraine Grypstra
	9:15	Keynote address by Walter Mulkewich, Cathie Rice and Sid Stacey
	10:30	Break
	10:45	Keynote address by Dr. Heather Fiske
	12:15	Lunch
	1:15	Concurrent workshops
	3:15	Adjournment

Morning Speakers

Opening Remarks:

Lorraine Grypstra, Hamilton Public Health Services; SPCCH Conference Committee Chair

Keynote Address:

Walter Mulkewich, Halton Suicide Prevention Coalition Steering Committee; Survivors of Suicide support group facilitator
Cathie Rice, Suicide Prevention Community Council of Hamilton; Friends in Grief
Sid Stacey, Suicide Prevention Community Council of Hamilton, Strategy Committee
Walter, Cathie, and Sid will engage and equip participants with their personal stories and key messages on how to intervene and support individuals and families.

Keynote Address:

Dr. Heather Fiske, Psychologist; Member of the Ontario Suicide Prevention Network Provincial Advisory Board; Past Director of the Canadian Association of Suicide Prevention
Dr. Fiske's book *Hope in Action: Solution-Focused Conversations about Suicide* provides grounding in the use of a solution-focused therapy approach to reinforce hope and reasons for living. She will equip you with ideas for helping suicidal individuals move from despair towards hope.

Afternoon Concurrent Workshops

Workshop A: Equip Yourself to Manage Emotions

Susan Vaughan, Experience Expanded Inc.

This workshop will equip participants with simple and practical techniques to manage emotions. Consistent use of these strategies can result in emotional independence and feelings of control and balance.

Workshop B: Creating a Suicide Safer Community

Tamara Leniew, Master A.S.I.S.T. Trainer; SPCCH Education and Awareness Committee Chair

Jacqui Candlish, Hamilton Public Health Services; SPCCH Strategy Committee Co-Chair

Dr. Jenn Brasch, St. Joseph's Healthcare Hamilton; SPCCH Strategy Committee Co-Chair

This workshop will equip participants with an essential understanding of a suicide safer community and an overview of LivingWorks training opportunities. A summary of the draft *Hamilton Suicide Prevention Strategy* will be shared with the opportunity for dialogue.

Workshop C: Late-Life Suicide Prevention - Risk and Resiliency

Dr. Marnin Heisel, University of Western Ontario; Lawson Health Research Institute

This workshop will equip clinicians with suicide assessment and prevention tools for older adults. In addition, those in attendance will learn about the *National Guidelines for Seniors' Mental Health: Assessment of Suicide Risk and Prevention of Suicide* and knowledge translation materials developed by the Canadian Coalition for Seniors' Mental Health.



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